



Plant Baby Cone

The help starts right here...



KATIE PALMER

Sleep advisor 'Use dark mornings to sort too-early wakenings. Treat an early morning wake-up like a night-time wake-up. Don't make eye contact and tell your child to go back to sleep.'



RANA CONWAY

Nutritionist Parsnips are in season and full of nutrients. To make fritters, cut peeled parsnips into chunks and steam. Dip into a batter of whisked egg, milk and flour and fry for 2-3 minutes on each side.



AARON BALICK

Psychotherapist 'To stave off dark winter moods, when you look in the mirror each morning, give yourself five compliments about how you're doing as a mum.'



Deep down, in your heart of hearts, you know that you are a good mum. But we're all guilty of forgetting that sometimes, especially during the hiccups that inevitably happen while we're busy keeping our little ones fed, rested, warm and happy. This issue is dedicated to helping you coast through those tricky bits of parenting so you've time to enjoy all the good bits. For starters, try our six sleep tricks that really do work in the middle of the night (page 48). Find the weaning approach that best suits your needs and your baby's nature for fuss-free, happy feeding (page 59). And learn to trust your instincts to **become a calmer mum** (page 70) so you can handle whatever life (or your toddler) throws at you. Because when everything runs smoothly, those happy moments are worth every second of the nappy-changing, milk-warming, food-chopping, eyelid-propping everyday life of a mum!









Jonathan Malpass STYLING Kellie Daggett HAIR & MAKE-UP Alv Hazlewood ART DIRECTOR Ruth Ellis MODELS less and Hunter from MOT Models

SUBSCRIBE NOW!

Get six issues delivered to your door for £9.99 and receive a free Dr Brown's Steriliser worth £24.99! Turn to page 110 for more details.

ON THE COVER

- Set up the support network you need for pregnancy, birth & beyond
- 6 sleep tricks that work in the middle of the night
- Learn to keep cool through toddler tantrums
- Weaning special: baby-led or spoon-fed?
 - Fights all new parents have



Strengthen your parenting skills

20% off Isabella Oliver & Baukjen

Car seats from

age one to four

Baby slings: front, back or on your hip

M&B WORLD

7 | Snap happy

Sharing photos that make you smile

10 | Over to you

Interesting views you aired this month

UPFRONT

16 | News & views

The latest parenting updates

18 | Three, Six, Nine

Fashion for every trimester

20 | Debate

Should women be paid to breastfeed?

24 | Should I try... a prenatal spa day?

Pampering with a bump

26 | Mama & me

Gwen Stefani and son Apollo

BUMP & BIRTH

34 | The future of labour

Should you give birth in a midwife-led unit?

37 | I gave birth in a midwife-led unit

Three mums describe their experiences

43 | Set up your support network

Pregnant? Surround yourself with the help you need for birth and beyond

BABY & TODDLER

48 | 6 Sleep solutions

When all else fails, try this...

51 | Time to talk

How to support your baby's speech

54 | 'Getting to hospital was a comedy of errors'

Coronation Street actress Tina O'Brien shares the drama of her second labour

56 | Tame those tantrums!

Follow these steps and minimise the fuss

59 | Which way should you wean?

Find the method that best suits you

BEING YOU

68 | 5 fights all new parents have

Follow our advice to avoid the conflict

70 | Trust your instincts

Strengthen your parenting skills by learning to have faith in your own abilities

74 | 4 weeks to a tighter tummy

Spend 10 minutes a day doing these gentle exercises to regain pre-baby tone

Ask Mother&Baby

77 | THE BIG QUESTION

8 | SLEEPING

79 | EATING

80 | HEALTH BEHAVIOUR

82 | DEVELOPMENT





DIGITAL EDITION ON SALE NOW!

Get M&B on the move, direct to your mobile or tablet. greatmagazines.co.uk







SHOP!

87 | What you'll wear every day Find your new wardrobe favourites

92 | Do it yourself beauty Get salon results at home

95 | 20% off Isabella Oliver and Baukien

97 | Beauty for busy mums Look fab in five minutes with these buys

98 | Baby slings

Six slings put through their paces

99 | Supermarket buys

Add these products to your shopping list

100 | Group 1 car seats

Read our big test before you buy and find the model that's right for your child

106 | That's clever!

Discover the latest gadgets that will make your life as a mum easier

109 | Six solutions

Help baby move from breast to bottle

LIFE & KIDS

114 | More please, Mum!

Cook TV presenter Nadia Sawalha's favourite family recipes

118 | Future-proof your nursery

Choose smart buys that adapt to your baby's changing needs as he grows

121 | Help! I need some downtime...

Relax with our pick of travel getaways

124 | Travel news

Enjoy cheaper family flights

130 | **Bag a buggy** Win a pushchair and goodies worth £470!













The power of soft.



Snap Happy M&B WORLD

Have you taken a photo that makes you smile? Share it with your M&B friends!



'This is the day we found out that the embryo had implanted in the correct place and the IVF had been successful.' HANNAH SINFIELD AND DAVE FUHER, DERBY



'My little ones meeting for the first time when Stanley was just two days old. Ramona, 2, is a fabulous big sister and Stanley's face lights up every time he sees her.'

AMY RANJBAR, WORTHING



'Here's my little lad Ollie, 2, exploring Abbots Wood in East Sussex for the first time. He was amazed by everything!' VIKKI POTTEN, EASTBOURNE



'This is Riley, 14 months, happy to have finally mastered walking. He was born a month prematurely and spent 10 days in Special Care. So I'm especially proud that, after months of cruising furniture, he can walk independently!' LISA RUSSELL, GUILDFORD



UPFRONT M&B WORLD

'Jack, 9 months, has just started to sit up on his own – a major milestone due to him having hypertonia [increased tightness of muscle tone] associated with Down's syndrome. He surprises me every day and I'm so proud.'

JESS TURNER,

LEICESTERSHIRE

SEND US YOUR PHOTOS!

Email share@motherandbaby.co.uk and put 'snap happy' in the subject box. Please include your name and location, your baby's name and age, and tell us why your photo makes you smile.



'The moment Florence, 17 months, ate a yoghurt with a spoon all by herself!' JOANNE HAYDEN, CAMBRIDGESHIRE



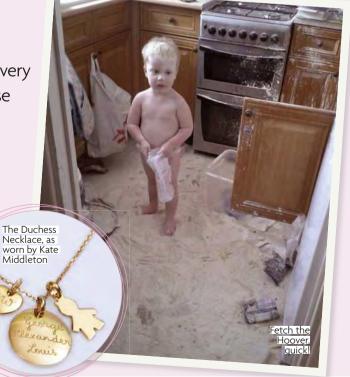
'Here's Ted, 3, at his first Ducklings swimming lesson. He loved it!' JUDE RUST, LINCOLNSHIRE

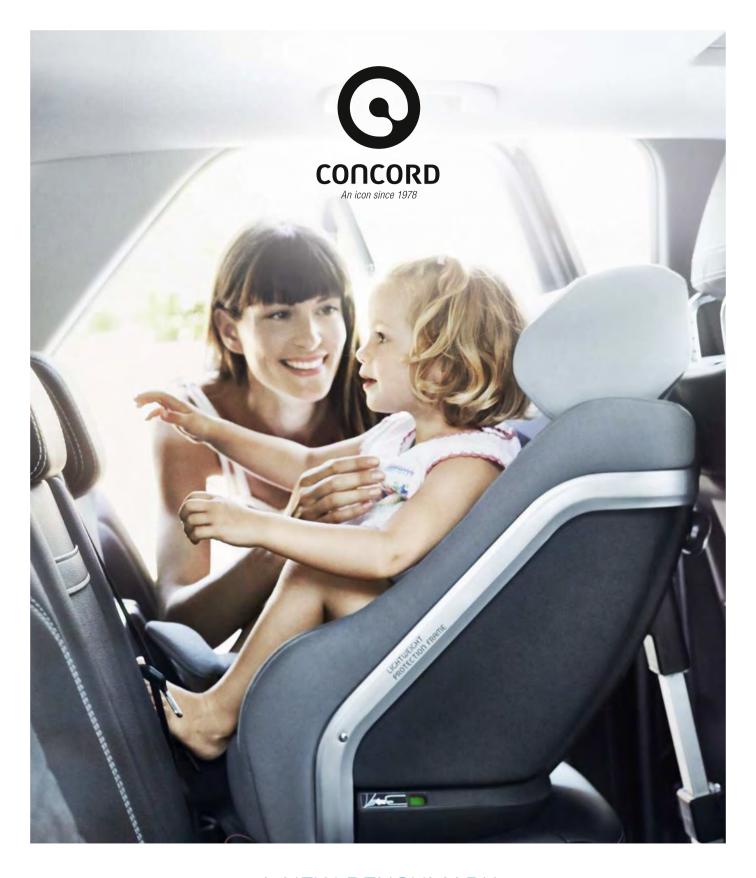
OMG!

Your little one will surprise you every day – and sometimes that surprise might leave you speechless...

'Archie, 2½, pulled the baking ingredients out of the cupboard and spread flour and icing sugar all around the kitchen, helped by his twin, Scarlet,' says mum Laura. 'I couldn't even get to the kettle because of all the mess!'

For sharing a picture of her OMG! moment, Laura wins a personalised Duchess Necklace, as seen on Kate Middleton. The hand-engraved necklace is available in gold plate or sterling silver, £89 from Merci Maman Boutique, mercimamanboutique.com.





A NEW BENCHMARK CONCORD REVERSO

Extremely safe, extra light.

Editor-In-Chief CLAIRE IRVIN Deputy Editor EMMA BAILEY 01733 468944 Features Editor GEMMA BRIGGS 01733 468939 **Production Editor ROBERT WILSHAW** Acting Art Editor JONATHAN SELLERS Editorial Assistant | AUREN CARBRAN 01733 468938 Web Editors ALISON COLDRIDGE AND SARAH GIBBONS

Group MD Advertising RICHARD DUNMALL Head of Marketplace SIMON KILBY

Head of Creative & Brand Solutions CLARE CHAMBERLAIN Head Of Brand REMY KIRK

Brand Director SAM HOWARD (Samantha.howard@bauermedia.co.uk) Regional Sales SARAH BELL 0161 833 8637 and KATIE KENDALL 0161 883 8638

Art Director IAN SWAIN Project Manager ALICE GARSIDE (0207 520 6548) Classified Group Advertising Manager KAREN GARDINER (01733 366434)

Classified Senior Sales Exec JACQUIE PASQUALONE (01733 366371

Group Production Manager KIM NUNZIATA Production Controller ANDREW STAFFORD Ad Production Manager ZOE BELLAMY Ad Production Controller HELEN MEAR

Marketing Manager CHARLOTTE WALSH Product Manager LYNNE FAIRBURN Senior Newstrade Marketing Executive MARIANNE BILLINGTON

Group Direct Marketing Manager London Lifestyle GERALDINE WILSON

International Content Executive KAM SEKHON (01733 468889) motherandbabypicturelibrary.com

Managing Director - Leisure and Technology Sam Fitz-Gibbon

Editorial Director June Smith-Sheppard Head of Digital Charlie Calton-Watson Group Direct Marketing Director Chris Gadsby Finance Director Lisa Hayden Group Managing Director Rob Munro-Hall **CEO** Paul Keenan

Mother&Baby magazine is published 12 times a year by Bauer Consumer Media Ltd, registered address 1 Lincoln Court, Lincoln Road, Peterborough, PEI 2RF. Registered number 01176085. No part of the magazine maybe reproduced in any form in whole or in part, without prior permission of the publisher. All material published remains the copyright of Bauer Consumer Media Ltd. We reserve the right to edit letters, copy or images submitted to the magazine without further consent. The submission of material to Bauer Media whether unsolicited or requested, is taken as permission to publish in the magazine, including any licensed editions throughout the world. Any fees paid in the UK include remuneration for any use in any other licensed editions. We cannot accept any responsibility for unsolicited manuscripts, images or materials lost or damaged in the post. Whilst every reasonable care is taken to ensure accuracy, the publisher is not responsible for any errors or omissions nor do we accept any liability for any loss or damage, howsoever caused, resulting from the use of the magazine. COMPLAINTS: Bauer Consumer Media is a member of the Independent Press Standards Organisation (ipso.co.uk) and endeavours to respond to and resolve your concerns quickly. Our Editorial Complaints Policy (including full details of how to contact us about editorial complaints and IPSO's contact details) can be found at bauermediacomplaints.co.uk. Our email address for editorial complaints covered by the Editorial Complaints Policy is complaints@bauermedia.co.uk







Over To You...

Got something to say? Let us know!



A SMILE IS ALL YOU NEED

Your article You're Doing a Great 70b in the December issue of $M \mathcal{E} B$ made me think about how I felt when my beautiful little girl, Ava, was born. She's now 17 months, but I clearly remember all the emotions – unconditional love, happiness, joy, fear, loneliness, worry... The list is endless! There were moments when I questioned everything I did! I feared that other people would judge both of us and I worried Ava wasn't 'keeping up' with other children. It was the reassurance and support from family, friends and other new mums that made me realise I was doing a great job. And when you see your little one smile, all the reassurance you need is right there.

KELLY STEWART, VIA EMAIL

CHICKEN POX SPOTS

When my twin toddlers both had chicken pox, a friend gave me a great tip: prise the ball from a roll-on deodorant and wash the bottle and ball thoroughly. Fill the bottle with calamine lotion and pop the ball back in. Give your child the roll-on lotion whenever he scratches his spots. As he's in charge of putting the lotion on, there are no arguments, and because the lotion is contained, the mess is

limited. My twins loved their roll-ons - they covered themselves in lotion and never moaned about the itching! CLAIRE MASON, CONWY

IT MUST BE LOVE...

I wanted to share proof that it is possible for your first-born to enjoy having a new sibling. This is my son, Nate, on the day he was born, and my daughter, Sydney, who is 22 months old.

I was so worried how Sydney would react to Nate's arrival, but she blew me away. She was gentle and genuinely thrilled to meet her baby brother. I was

very proud (and quietly relieved!). SHANYN HOLLIS, QUEENSLAND, AUSTRALIA

BUMPS TOGETHER

Here I am [below] with 110 days to my due date with my best friend Jemma (14 days to go) and my sister Sami (16 days). Knowing that I have two people I can go to with any questions, and share my experiences at all the different stages, has made a huge difference to my pregnancy. I can't think of two people I'd rather be pregnant with!'

ANGELA GRIFFIN, VIA EMAIL





MAKING MEMORIES

I loved your craft article Have Yourself A Crafty Little Christmas in the December issue. I fondly remember making decorations as a child. I can't wait to make the ginger garland – and my toddler, Rose, is looking forward to making a real mess. Thanks for the festive inspiration!

LIZZIE DEVLIN, CAMBRIDGESHIRE

What's the best joke to make a three-year-old laugh?



NOT GUILTY!

After rushing to get my 2½-year-old, Oliver, to nursery in time to catch my train to a meeting, I was comforted by the Mix And Match Childcare feature in the December issue about mixed childcare helping social development. My little boy spends days at nursery and with grandparents while I work. He's very confident and great at handling different situations. Your article helped me deal with my guilt at being such a busy working mum! KERRY JOYCE, VIA IPHONE

GO. GIRL!

Reading December's article Have Bump Will (Still) Party made me smile with pride. Last Christmas I was pregnant with my now nine-month-old son Reuben. I wasn't in the mood to party but my friends convinced me a night out was what I needed. And they were right. I took off my staple maternity leggings, bought myself a bodycon dress and danced the night away! It made me feel like me again.

HELEN GRIFFITHS, DERBYSHIRE

OMG IT'S US!

Reading about sleep problems in the latest M&B (Your Biggest Sleep Dilemmas Sorted) has made me realise that it's not our baby, Pippa, who has a sleep problem, but my husband and me! It's us running to pick her up every single time she cries out, which means she hasn't yet learnt to self-soothe. Thanks for the tips!

GABRIELLA CHALLIS, VIA EMAIL

M&B NEEDS YOU!

or your life as a new mum. Or share your best parenting tips with other readers. Email share@ motherandbabv.co.uk and put 'over to you' in the subject box.

SEND US YOUR PHOTOS

There's nothing we like more than a cute baby photo! Email share@motherandbabv.co.uk and put 'snap happy' in the subject box. Don't forget to include your little one's name and age.

TELL US YOUR BIRTH STORY

Would you like to share your birth experience with other readers? Email share@ motherandbaby.co.uk and put 'my birth story' in the subject box. SHARE YOUR EXPERIENCE

of motherhood. Have you been through tough times as a mum? Would reading about your experience help other mothers in the same position? Or is there something different about your experience of motherhood that you'd like to share with other readers? We'd love to hear your story, and we'll pay for every life story we publish. Email share@ motherandbaby.co.uk and put 'my life story' in the subject box. **ASK OUR EXPERTS A QUESTION**

The M&B experts will answer a selection of questions every month in Ask Mother&Baby. Email ask@motherandbaby.co.uk

FIND US ONLINE AT motherandbaby.co.uk

Join us on facebook at facebook.com/ motherandbaby



Tweet us @motherandbaby

Find Your Support Network

Mobile + Online + Magazine + Facebook & Twitter







Subscribe

Don't want to leave the house?

You don't have to – a subscription

means mother&baby is









mild & hypoallergenic

For happier shoulders, knees



Our Ultra Mild Baby Wash for head to toe care can be seen in 98% of hospital maternity units, so we're with you from the start – through the good times and the bath times. And that's why we know that baby's skin needs some special treatment. Our Baby Wash with camomile, known to help soothe and relax, uses mild bubbles to gently cleanse both hair and skin, helping to keep baby calm and a calm baby means a calm you.

See what real mums have to say about baby bath time at voiceofmums.com



- ✓ Made with Gentle Camomile
- ✓ Hypoallergenic
- ✓ Kind to Eyes





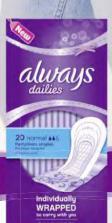
feeling clean & fresh shouldn't be one of them.

There are loads of big changes going on in your body – not to mention your life.

Always Dailies Pantyliners absorb daily moisture to keep you feeling dry and comfortable all day long - giving you one less thing to worry about.

clean · dry · fresh





VIEWS | STUFF YOU NEED TO KNOW





CHAT HAPPILY AND smile when you play games with your baby, and he'll make a stronger memory of your time together.

Researchers performing memory tests with five-month-old babies found they were more likely to remember shapes that were

introduced with happy voices and faces than when presented with neutral or negative emotion.

The babies' memories were tested by monitoring their eye movements to analyse how long they looked at a shape. Babies paid more attention to, and so had formed a stronger memory of, shapes that had been paired with a happy voice and smile a day earlier.

'The positive affect heightens the babies' attentional system and arousal, and heightens their ability to process this geometric pattern,' says lead author of the study, psychology professor Ross Flom.

SHAUN THE SHEEP: THE MOVIE

Shaun has only gone and got his own film! Voiced by none other than Justin Fletcher, AKA Mr Tumble, and introducing new character Trumper, it's toddler heaven. Out 6 February, watch the trailer at shaunthesheep.com



MUM-TIONARY

Smug-hug

Noun

Sympathy offered to a friend during her toddler's tantrum, while congratulating self it's not your child this time. Usage: 'Come here and have a smug-hug.'

THE NEW **WEANING SECRET** If you're worried about whether your baby will readily eat vegetables

during weaning, try adding tiny amounts of vegetable purée to his milk, and then to his baby rice during the very first stages. Research shows that infants who ate baby rice mixed with vegetable purée went on to eat nearly one and a half times more vegetables than infants who ate plain baby rice. Researchers took inspiration from a common French practice of adding vegetable cooking water to infants' milk before weaning.

DO YOU USE A BABYCAM?

Have you changed the default password on your babycam? Discovery of a website streaming images from webcams, including baby monitors, highlighted the need for parents to reset the password if using a remote-access device, as the manufacturer's default password may be freely available online. For remote-camera security advice, visit getsafeonline.org



The year-on-year increase in the number of babies named Eric. following the birth of Simon Cowell's son.





'I thought my wild nights were over but these are some of the wildest nights I've ever had!'

ACTRESS EVA MENDES ON BEING A NEW MUM TO ESMERALDA

NEWS & VIEWS

BABY NUMBERS HALVED

Women in their 30s are having half as many children as their mothers did. According to the Office for National Statistics, women born in 1983 had an average of 1.02 children by the time they were 30. Women born in 1941 had 2.34 children apiece at this age.



SHOCKED FATHERS

Did you hear about the fathersto-be experiencing the pain of childbirth for themselves in a hospital in China? The expectant fathers were given electric shocks above the abdomen, designed to simulate labour pains, at the Aima Maternity Hospital in Shandong in a bid to increase empathy levels with their partners.

BOOK YOUR BABY IN

Has your child been vaccinated against flu vet? Only a third of two-, three- and four-year-olds had received the vaccination as M&B went to press, despite under-fives being the age group most likely to be admitted to hospital with flu. Administered as a nasal spray, the vaccination causes only a runny nose. For more information, visit nhs.uk









No.1 for sensitive skin*



Proven Skin Kindness

Should Women Be Paid To Breastfeed?

The Nourishing Start for Health (NOSH) scheme rewards women who breastfeed with shopping vouchers. But is it a good idea?



'IT'S A FACT OF LIFE — FINANCIAL INCENTIVES WORK'



PROFESSOR MARY RENFREW. NOSH SCHEME RESEARCHER AT THE UNIVERSITY OF DUNDEE, SAYS:

'In the NOSH scheme, a new mother who breastfeeds is paid £120 in the first six

weeks and receives a further £80 if she continues until her baby is six months old. Offering financial incentives is not a new way to change people's behaviour. The Healthy Start Scheme does this successfully.

'Breastfeeding is undervalued. I'd go as far as to say it's sometimes stigmatised. Breastfeeding continuation rates are very low because women find it difficult to breastfeed in today's society. But we know that it provides babies with a really good start in life and that many women would like to do it. So we need to break through the taboos.

'The financial incentive attracts and engages women. In our last study, a third of women signed up. Mothers told us that breastfeeding now feels more valuable, especially in communities with low breastfeeding rates. The scheme has also encouraged conversations about breastfeeding that might not have otherwise happened.

'We're listening to what women say about the scheme. If rewarding new mothers persuades them to breastfeed when they otherwise wouldn't, then why not?'



'THERE ARE BETTER WAYS TO ENCOURAGE BREASTFEEDING'



JANET FYLE, BREASTFEEDING SPECIALIST FROM THE ROYAL **COLLEGE OF MIDWIVES, SAYS:**

'A woman decides to breastfeed in the best interests of her child. Money shouldn't

come into it. And there are better ways to encourage it. This scheme might temporarily increase breastfeeding rates. But to permanently increase its popularity we should concentrate on changing people's perceptions and create an environment that enables mothers to breastfeed.

'We need to introduce policies that show new mothers their decision to breastfeed is valued. We need a stronger legal framework to protect the right of women to breastfeed in public and we need better maternity policies.

'But most of all we need to win people's hearts and minds. We must address the lack of understanding about breastfeeding. From teaching young children in schools, to analysing our own attitudes, we must view breastfeeding as a perfectly natural act and not simply see breasts as sexual objects. Women should be supported and informed, and breastfeeding normalised in public places. It would be far more effective and cheaper to put such a policy in place. This current NOSH scheme is just a smokescreen to the real issues.'

Accept that breastfeeding is a learning curve and both you and your baby are at the bottom of it. The two of you will soon get the hang of it!

There are many lanolin-based creams that care for hardworking breasts. Don't wait for your nipples to become sore or cracked before you use one.

If you're self-conscious feeding in public or in front of family members, practise in front of a mirror to check you're happy with what's on view.



Visit britaxwinacar.co.uk to find out more.

* Source: The German Insurance Institute GDV, Group 1

Terms and Conditions

- 1. Open to residents of England, Scotland & Wales aged 18 or over with a full UK driving licence. Not open to current/former employees of Britax Excelsior Limited, its associated companies, its/their suppliers, distributors, contractors or agents or anyone professionally connected with the promotion (including in each case immediate families or members of the same household)
- 2. Entrants must purchase a new qualifying Britax car seat from a participating retailer between 15/12/14 & 15/03/15. Qualifying car seats are: Dualfix, Maxfix II, Versafix, Trifix, Kidfix SL SICT, Kidfix XP, participating retailers.
- 3. Closing date for entries: 11.59 pm on 31/03/15. For full terms & conditions & to enter see www.britaxwinacar.co.uk. Proof of purchase, eligibility & identity required to prove winner's eligibility. 4. Prize: Range Rover Evoque (approximate OTR price £38k) & 12 months road fund licence. Model shown for illustration purposes only.

5. Promoter: Britax Excelsior Limited, 1 Churchill Way West, Andover, Hampshire, SP10 3UW. Registered in England, company no. 294545. Registered office: 3000 Hillswood Drive, Hillswood Business Park, Chertsey, KT16 0RS. The promotion & its terms & conditions are governed by English law.



Kiss it better

WE SECRETLY KNEW it all along, but a study from New York University has confirmed that a cuddle from mum reduces pain felt by infants. The research found the presence of the mother reduced the amount of a baby's gene activity linked to pain receptors, meaning that a cuddled baby physically feels less pain than an un-cuddled baby in the same situation. And – this is the best bit – cuddles from mum in times of pain permanently modify pain-linked circuitry in a baby's brain. So keep the hugs and kisses coming, they really do make a difference.

TRYING FOR BABY NUMBER TWO?

Taking a selenium supplement could be the secret to boosting your fertility. Australian research has found that levels of selenium play a critical role prior to conception, including the development of healthy ovarian follicles responsible for egg production. Raising selenium levels was already known to improve male fertility by increasing sperm motility.

Selenium is an essential trace element found in red meat, seafood and nuts. 'Britain's soil is naturally low in selenium, which means crops grown here contain low levels of the element, so many people in the UK have low selenium intakes,' says nutritionist Carina Norris. 'If you're trying to conceive, take a selenium supplement

alongside your usual folic acid and vitamin D supplement.'

Brazil nuts contain high levels of selenium



ECZEMA



The cost of a replica Victorian mansion playhouse from US company Lilliput Play Homes (lilliputplayhomes.com). We rather like our old Wendy house, thanks...

Snuguns Mittens

Extra-long cuffs ensure these bumblebee mitts fit snugly round little wrists and slow down the inevitable glove-removal process. £9.99, grippasocks.com



'Happy women are the ones who are neither full-time workers nor fulltime mums, and get to interact with adults instead of just talking gobbledegook."

JOOLS OLIVER, MUM-OF-FOUR AND A CLOTHING DESIGNER,

UPFRONT NEWS & VIEWS



Dribble Stop Tops Designed with an invisible pocket made of waterproof material in the dribble zone. these vests prevent dampness that can irritate your baby's skin. £13.99 for a pack of two,

GET A FREE PARENTING APP

dribblestoptops.co.uk

Download the free Baby Buddy smartphone app, designed to guide younger expectant and new parents through pregnancy and the first six months of parenthood, bestbeginnings.org.uk



snooze and still entertain your toddler with a Race Track T Shirt. £22, notonthehighstreet.com

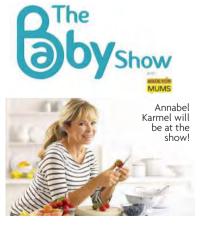


Leave Daddy a message from your toddler on a Happy Eats lunchbag, £7.50, wearebreadandjam.co.uk

WIN TICKETS TO THE BABY SHOW

10 PAIRS TO BE WON, WORTH £200!

The Baby Show returns to ExCel London from 20-22 February, bringing entertainment and information for bump, baby and you. It's your chance to see the latest innovative products and not-on-the-high-street brands, and hear high-profile speakers such as nutritionist Annabel Karmel, breastfeeding guru Clare Byam-Cook and sleep expert Jo Tantum. To be in with a chance of winning a pair of tickets, email share@motherandbaby. co.uk and put 'The Baby Show' in the subject box. For more information, visit thebabyshow.co.uk.



Terms & conditions: Competition open to UK residents only. Entrants must be 18 years or over. Entry closes 7 Feb, 2015. The winners will be selected at random, notified by email and will receive a ticket code which can be activated at thebabyshow.co.uk. Entry into this competition confirms your acceptance of these Terms and Conditions and your agreement to be bound by the decisions of The Baby Show. No purchase necessary

LUCY MANGAN



THIS MONTH, **M&B** COLUMNIST **LUCY MANGAN** LIVES IN FEAR OF **MAKING THE** WRONG DECISION

MOST OF THE TIME, I MANAGE TO KEEP THINGS IN PERSPECTIVE.

Obviously I am not to be wholly trusted when I say this. But I didn't panic over mixed feeding when my milk didn't come in properly when my son was born. Or about giving him the occasional - okay, more than occasional - vegetablefree meal when he moved on to solids.

But now my son is three and we're moving away from the tangible physical effects of my parenting decisions and into the infinitely more complex world of emotions. What I suppose I would call his moral education, if I were the kind of person that used such phrases. And I am paralysed by fear and doubt.

If I read him Babar (hunter shoots baby elephant's mother, baby elephant runs away to town, is thrilled with civilisation, hurries back to jungle to raze natural world) will he think colonialism is a good thing? Are the princes and princesses in his fairy-tale books too thin/handsome/heterosexual/ rigidly cast in traditional gender roles?

If I let him watch TV for 20 minutes, am I killing off synapses and ruining his chances of the 2040 Nobel Prize in physics? Or am I allowing him some valuable downtime in which to prepare for another afternoon's absorption of thrillingly stimulating experiences? Should I be able to persuade someone to provide these experiences, of course - I have to go back to work.

My fear has come as a surprise. The technical term for what I'm experiencing is 'the cracka-lacka-mental stage' and it seems we all have to pass through it at some point. To spend every waking moment of some key developmental stage consumed with the conviction that everything you are doing for your child can only be for the worse.

Now, if you don't mind, I've got to go and read the Ladybird Danger: Men at Work to my son again. Amended for sexual equality, of course.

A Prenatal Spa Day?

Pampering boosts your mood, as seven-months-pregnant Samantha Wood discovers...

I'M NOT ENJOYING this pregnancy. With three miscarriages behind me and a catalogue of problems, my bump is officially high risk. And my current weekly rendezvous with a speculum means I'm finding it difficult to relax. In a bid to find my inner calm, I've tried pregnancy yoga (not for me). I bought a hypnotherapy CD but I'm just not comfortable begging my perineum to get stretchy. So I've treated myself to a 'top to toe' prenatal spa day at a Champneys Resort.

I should be excited but I'm dreading stripping to my swimming costume when I can't even see what's going on down there, let alone tidy it up. And, with my tick-list of pregnancy ailments including leg cramps, water retention, sore breasts and Kim Kardashian-style cankles, I'm feeling less than beautiful.

My day starts at 10am with a Beautiful Bump package, which consists of four massages. These are done with grapeseed oil, which I'm assured is totally safe and won't get into my bloodstream and whizz straight to my baby, like some essential oils could.

First up: a neck, shoulder and back massage. I'm sitting upright, which I'm initially a little sad about as I'd hoped to lie with my stomach through a special padded portal. But the massage is amazing. Next, the oiling of my bump. I'm a bit dubious



funny about people touching my belly. I agree to try it when the therapist tells me it will help beat stretchmarks. And I soon find I'm enjoying it. The offer of the same for my bust is declined (only one person is let near that and even he's not getting a look-in just now). Instead we move on to legs and feet, which is the highlight of my day. The therapist assures me that my ankles are nowhere near as swollen as some she's seen. She tells me that massaging helps reduce water retention and aids

> circulation. After she finishes off with cooling gel, my feet look less elephant-like.

Rounding off the morning is a scalp massage, again with grapeseed oil. I choose to leave

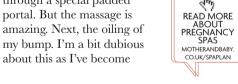
the oil in for extra nourishment but regret my decision when I have to shampoo my hair three times the following day.

A non-natal spa day normally includes use of all the resort facilities. But when pregnant, hydro pools, saunas and steam rooms are out of bounds. So, I head to the relaxation room, which is a dark space with beds, blankets and a log-fireplace DVD on loop. I dig out my hypnotherapy CD from my bag and listen to it. For the first time, I slip under and absorb the entire session.

The afternoon brings a facial and a pedicure. By the end of the day I'm feeling pretty spoilt. As you've probably guessed, all of this doesn't come cheap. But as is generally the case with luxuries, people are bending over backwards to be nice to me. And at seven months pregnant and liable to burst into tears at any given moment, that really does help.

So would I recommend a prenatal spa day? Absolutely. Hang the cost - you're growing a baby and you deserve a break. I slept better that night than I have done in months. And apparently better than I'm ever likely to again after my baby arrives, so people keep telling me.

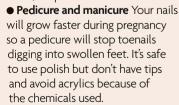
● A Champneys spa day costs from £,89.40 per person (early booking discount), including two treatments. You can find spa days from £20 for two at spaseekers.com



Which treatments would you choose?

- Maternity massage A tailored massage targets areas of tension, reduces fatigue and improves skin elasticity (stretchmarks be gone!).
- Facial Pregnancy hormones can cause breakouts and dry skin. A deep facial cleanse and moisturise helps re-balance natural oils. Rose-hip oil is a favourite as it aids cellular development.
- Reflexology The ancient Chinese technique of applying pressure to the feet helps with a range of ailments, including morning sickness. It can also aid sleep and boosts energy levels.
- Indian head massage This helps circulation, relaxation and is a favourite in pregnancy as it can be

done sitting up. It won't induce labour, despite the old wives' tale.





BZZZ AFTER BZZZ AFTER BZZZ.

MUCH BETTER FOR THEIR BRAIN

THAN IT IS FOR YOUR EARS.



REPETITION GETS A BIT MUCH SOMETIMES,
BUT LIKE IRON, IT HELPS SUPPORT YOUR LITTLE ONE'S DEVELOPMENT.

Our Follow-on milk fortified with | RON helps 50 PPORT NORMAL

COGNITIVE DEVELOPMENT, while VITAMIN D helps SUPPORT

NORMAL GROWTH and DEVELOPMENT OF BONES.

Don't worry, they'll move onto the drums

before you know it.

Gou're doing great

smamums.co.ul smamums.ie











YOUR TODDLER WILL GROW

FASTER IN HER

FIRST THREE YEARS

THAN IN THE REST

OF HER LIFE



90 YEARS EXPERIENCE IN ADVANCING BABY NUTRITION TELLS US THAT.

So we created a milk fortified with V/TAM/N D to help

SUPPORT NORMAL GROWTH AND DEVELOPMENT

OF BONES and | RON to contribute to

NORMAL COGNITIVE DEVELOPMENT.

Those shoes will fit her sooner than you think.

gou're doing great

smamums.co.ul smamums.ie





Time For A Gender-Neutral Story?

PUBLISHER LADYBIRD BOOKS

is making all of its books genderneutral to ensure children aren't swayed by their gender when choosing reading material. Titles such as Favourite Fairy Tales for Girls and Favourite Stories for Boys will be dropped and even Sleeping Beauty will be re-titled. The decision follows pressure from Let Books Be Books, an off-shoot of the Let Toys Be Toys campaign, which lobbies for branding on gender to be removed from children's items.

ARE YOU RAISING GENDER-NEUTRAL CHILDREN?

You might be if they're...

- Wearing Tootsa MacGinty clothes, a unisex brand with striking designs that aren't separated into 'boys' and 'girls', tootsamacginty.com
- Playing with Melissa & Doug wooden toys, with dollhouses, kitchen sets and garages tailored to appeal equally to boys and girls, amazon.co.uk
- Watching Nina and the Neurons, a TV series featuring a female neuroscientist made to inspire girls to follow science-based careers, cbeebies.com
- Reading Pirate Girl by Cornelia Funke, the now-classic tale of a small girl called Molly who outsmarts ferocious Captain Firebeard and his pirate crew, amazon.co.uk



LIKE MOTHER, LIKE DAUGHTER?

Olympic-gold-medal-winning swimmer Rebecca Adlington is pregnant and planning a water birth. 'I would like the birth to be as natural as possible,' she said.

FRESHLY FROZEN EGGS

Some male-dominated US companies are offering to pay female employees up to £20,000 to freeze their eggs. Google is expected to join Facebook and Apple in a controversial policy designed to encourage female workers to delay starting a family until they have advanced further up the corporate ladder.

BOX-SET BABY NAMES

'Skyler' jumped 322% in the popularity stakes for babies born in 2014, while 'Jesse' increased by 140% and Walter by 100%. Looks like we're all still busy watching cult series Breaking Bad then...



Stabilo Woody 3-in-1 pencils

Chunky pencils perfect for little hands, these have a break-proof centre and the crayon colour will wash off most surfaces, £10.55 for 6. stabilo.com



Tlike it when Bobby gets in his talking

moods because when I say something, he makes a noise back'

KIMBERLEY WALSH ON CHATTING WITH HER FIVE-MONTH-OLD SON

NEWS & VIEWS

DAN DAVIES



COLUMNIST DAN DAVIES KNOWS HE NEEDS MORE SLEEP - BUT COULD **SOMEONE PLEASE TELL HIS CHILDREN?**

I'VE ALWAYS BEEN GOOD AT **SLEEPING**, really good, in fact. Many years ago, I slept standing up in the corridor of a packed train all the way from Belgrade to Athens. Experts in the US are now advocating policies to ensure Americans all get enough zeds. And if Nigel Farage had any sense he'd be running on a platform of more snooze for all – his party has the perfect name for it.

I can hardly remember what a night's sleep is. This winter, our house has sounded like a Napoleonic field hospital. Both Iris, three, and Albert, nine months, have had hacking coughs, resulting in a nocturnal cacophony of rasping barks that chorus for hours. Albert's teeth are coming through and we've dropped the dream feed, which means he wakes up either angry, hungry, or both, any time from 4.30am onwards. And somehow when Albert is asleep. Iris is guaranteed to be awake.

It's been testing, even for a seasoned slumber pro like me. But it's been much harder for my wife Iona, who has done most of the getting up in the night. I feel pretty bad about this, particularly in the light of a recent survey's results. It reported that 56 per cent of fathers owned up to pretending to be asleep to avoid getting up with a child (something I have not done). Three in 10 men sited work as the reason for not venturing out from under the duvet (okay, I'll own up to that occasionally), while one in four admitted they were just too tired (guilty as charged).

There is a solution – set a time to go to bed and stick to it, enforcing a strict 'No extra episodes on NetFlix' rule, even when you're in the middle of a good bit. But put the iPad on charge so you can watch the next episode when you're giving a sleepless infant his bottle at some God-awful hour of the morning.

YES, YOU CAN EAT THIS!

A 2015 review of official health guidelines for foods safe in pregnancy is underway. These foods typically avoided may all be back on the menu...

RUNNY EGGS

Since the 1988 salmonella outbreak pregnant women have stuck to 'thoroughlycooked' eggs. Experts now say the bacteria has been eliminated from all British Lion-stamped eggs.

SALAMI

Cured meats carry a

risk but this is reduced

if frozen for four days

before consumption.

And if it's well-cooked

(for example, on a

pizza), it's safe to eat.



STILTON

Not all blue cheese is bad during pregnancy. While soft versions such as Cambozola and Roquefort carry a risk of listeria, Stilton is a hard blue cheese, so it's safe to eat.



SMOKED SALMON

While it isn't cooked, smoking fish kills off harmful bugs that could be dangerous during pregnancy.



Baby & toddler event



14 January – 4 February

Tesco is your one-stop shop this winter with fantastic offers on your favourite baby and toddler essentials, clothes, car seats, safety equipment and more – see in store and online from 14 January





Johnson's Baby Bedtime Bath 500ml, 2in1 Bubble Bath 500ml, 2in1 Shampoo & Conditioner 500ml and Top-To-Toe Bath 500ml Was £2.75 each Now £1.37 each

Get 2015 off to a flying start

by scooping some amazing savings at our Baby & Toddler Event – in Tesco stores and at tesco.com

We won – again! Thank you for voting Tesco Supermarket of the Year for the 5th year running!





Win a fabulous family holiday to Florida!



Here's your chance to win a fantastic family holiday to Orlando, Florida, including family passes for two adults and two children to Walt Disney World (two days), Universal Studios (two days)

and Seaworld (one day) as well as a fantastic £700 spending money – making it a dream holiday indeed! One lucky family of four (two adults and two children under 12) will enjoy a seven-night break including flights, thanks to lowcostholidays, the travel experts who won't be beaten on price. Our winners will be whisked to the Sunshine State to stay in the four-star StaySky Suites on International Drive right in the centre of all the sun-filled fun and excitement. So what are you waiting for? Enter by 11.59pm on 4 February 2015 for your chance to win!

How to enter Go to tesco.com/

babyclub and look at the Prize Draws section, under the My Club tab, then follow the entry instructions online.



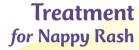


Terms & conditions Open to all LIK residents (England, Scotland, Wales, Northern Ireland) 18+ except those directly connected with the planning or administration of the prize draw, including employees of Tesco and lowcost holidays. One prize of a holiday (2 adults and 2 children under 12) to Orlando, Florida. Plus family (2 adults 2 children) theme park passes, and £700 spending money. Holiday is subject to availability and must be booked by 31 March 2015 and taken by 31 December 2015, excluding Easter and Christmas holiday periods. Any subsequent changes to the holiday will be at the winner's own cost. Travel insurance is not included. The winner must hold a valid passport/USA Visa on the date of travel. Only one entry per person. Online entry only Promoter: Tesco Stores Ltd, Tesco House, Delamare Road, Cheshunt, Hertfordshire EN8 9SL. Enter by 11.55pm on 4 February 2015. One winner will be picked at random after this date and contacted via email within three working days. For full terms and conditions, go to tesco.com/babyclub and look at the Prize Draws section, under the My Club tab.





when it comes to babies... everydayis different



For occasions when it does strike. Metanium Nappy Rash Ointment can be used to treat nappy rash, relieving the irritation and redness.

Metanium Nappy Rash Ointment is a medicine. Always read the label.

Meet the NEW addition...





Protection from Nappy Rash

For daily protection, use **Metanium Everyday Barrier Ointment or Easy Spray Barrier** Lotion at every nappy change to help prevent it coming back.

wto our family

Make sure you're prepared for those trigger times' when your baby may be more prone to nappy rash

1. Morris H, The bottom line on nappy rash, British Journal of Midwifery, September 2012, Vol 20, No 9, pages 540-543

nappy rash trigger tımes

















DUM BODY | REAL-LIFE STORIES





ALMOST HALF OF pregnant women should give birth away from traditional labour wards, according to the latest guidance from the National Institute for Health and Care Excellence. It recommends women with low-risk pregnancies have a home birth or use a midwife-led unit. These facilities are staffed entirely by midwives, unlike traditional obstetric labour wards where doctors and anaesthetists are present.

AID NATURAL LABOUR

There are two kinds of midwife-led units: stand-alone birth centres and wards attached to hospitals. In both cases, all care is carried out by midwives who are experts in childbirth with all the skills to help you deliver your baby in a low-risk pregnancy.

There are usually no anaesthetics available on a midwife-led unit, although some may offer pethidine. Pain relief is provided with gas and air and, in many cases, birth pools. The aim is to help women to have a natural labour with no medical intervention, which can lead to less trauma for mother and baby and a shorter recovery period.

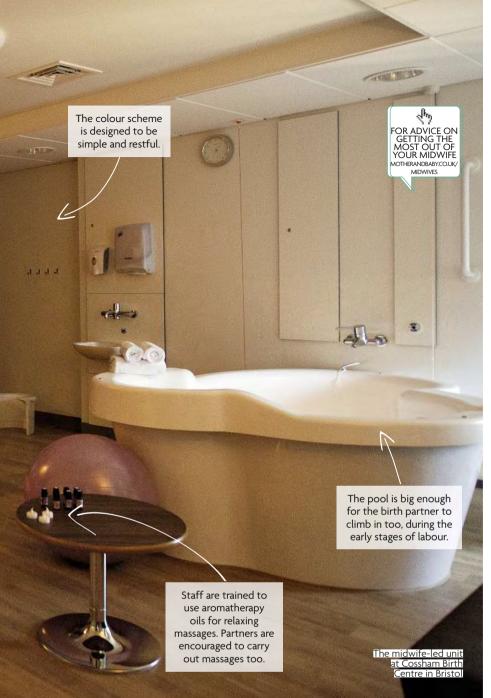
MINIMISE STRESS

Where you choose to have your baby will influence how relaxed you are in labour. And feeling calm and safe is essential to a labour progressing well. So a labour room that feels like a home from home could help you have a positive birth experience.

When labour starts, your body produces oxytocin, which shapes the frequency, length and strength of your contractions. If you start to feel stressed or anxious, the oxytocin level will drop and your body will produce hormones such as adrenaline, which reduce blood flow to the uterus and slow down the first stage.

Labouring in a tranquil environment also allows you to focus on your body and the baby.

'The ethos is to normalise the location so it is less like the hospital environment you go to when you are



ill,' says Jane Munro of the Royal College of Midwives. You have a room to yourself, usually with a double bed so your partner can stay, along with an ensuite and sometimes a kitchen area. The walls may be painted in pastel colours, gentle mood lighting and surround-sound speakers helping to complete the atmosphere. Women who have used midwife-led units describe them as being like a private hospital, with high levels of midwife support and the chance to stay in the room for a day or two after the delivery. 'The focus is on comfort, with sofas and beanbags, so you can try different positions during labour,' adds Jane. 'They are more hotel-like.'

IMPROVED CARE

There were 152 midwifery-led units in England in 2013, but in March 2014 the Department of Health awarded £10million to hospital trusts to improve maternity care by creating new midwife-led wards.

Northampton General benefited from an earlier injection of funds by the Department of Health to improve maternity care. It opened a midwifeled ward in December 2013 which, in its first year, handled 530 births.

'The mums love it,' says matron and intrapartum care lead midwife Paula Briody. 'When you first book into the hospital with a midwife she will talk through your choices of where you can

BUMP & BIRTH MIDWIFE-LED UNITS

labour. If your pregnancy is low risk, using the midwife-led ward is offered as an option. If you're still low risk by 34 weeks we send the referral. You have to be 37 weeks to deliver here.'

HOME-FROM-HOME

Many women who use Northampton's midwife-led units are first-time mums-to-be. They are drawn to the home-from-home atmosphere, but value the safety net of the medical staff close by. This means they can quickly transfer to the medical labour ward if they want an epidural or if there is a complication.

'If you are having a baby at home and there are complications, there's a delay if you have to travel to hospital,' says Paula. 'A true obstetric emergency is rare. There may be a transfer to the labour ward if there's meconium [baby's first faeces) in the amniotic fluid when the waters break or the progress of the labour is slow.'

YOUR CHOICE

'The deciding factor for most women about choosing where they give birth is where they will feel most comfortable and safe,' says Jane Munro. 'For some women this is home, for some it's a hospital and for some it's a midwife-led unit.'

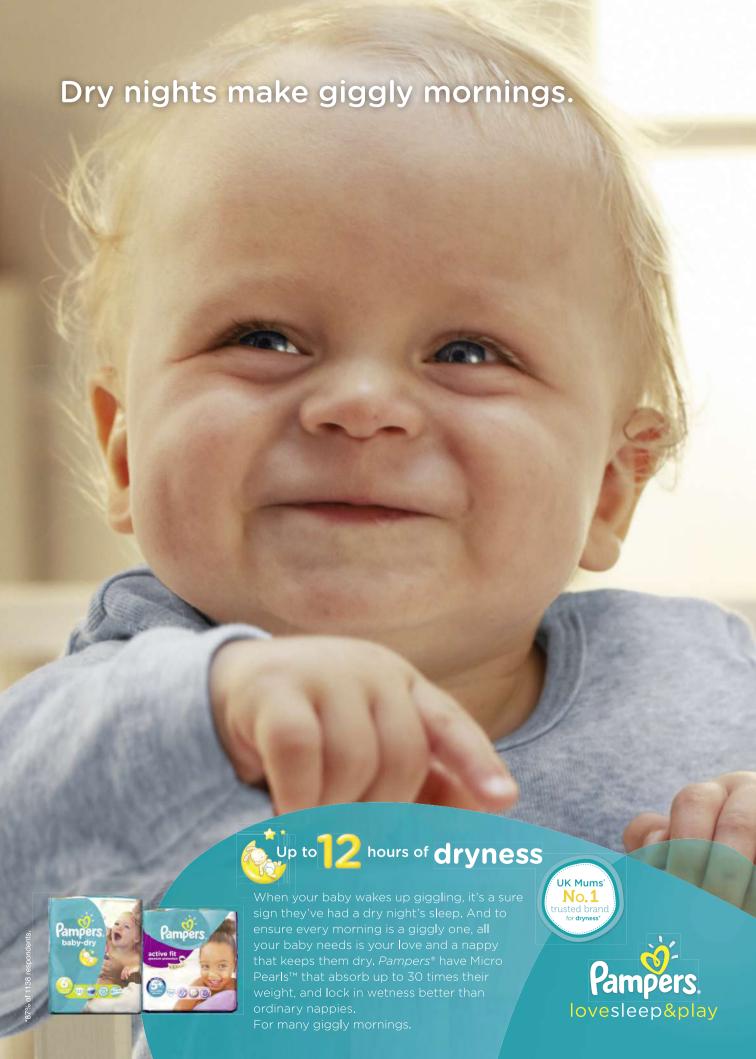
To find out about midwife-led units near you, ask your midwife or visit birthchoiceuk.com for information about local maternity units.

MIDWIFE-LED UNITS: THE STATISTICS

79% of women in England are within a 30-minute drive of a midwife-led unit

4% of women who use a midwife-led unit in England require an epidural, compared to 18% of those who use a hospital

of all UK births involve no anaesthetic and could safely take place on a midwife-led unit



I Gave Birth In A Midwife-Led Unit



I didn't want any medical intervention'

KATIE TOMLYN, 30, A WEB CONTENT FACILITATOR, LIVES IN LEICESTERSHIRE WITH PARTNER TOM. 31. AND DAUGHTERS OLIVE. FOUR, AND MABEL, 12 WEEKS.

WHY DID YOU CHOOSE MIDWIFE-LED-CARE?

I had my first daughter in a midwife-led unit and, although the labour took 24 hours, I felt safe. I'd heard plenty of stories from friends about their births on traditional labour wards with medical intervention like forceps and c-sections. I hate needles, so just the idea of having an epidural was awful!

WHEN DID YOUR LABOUR START?

I was nine days overdue when I was woken at 2.30am by a period-like pain. I paced around for An increasing number of women are opting for midwife-led care and enjoying a positive experience, like these three M&B readers...

the next few hours. Tom woke at 6am and took Olive to my parents' house. He called the midwife who advised me to stay put. I tried to have a bath but my waters broke as soon as I got in it. Tom called the midwife again, and she told us to come in.

WHAT WAS THE ROOM LIKE?

Absolutely nothing like a hospital! It was more like a living room and had an adjoining pool room.

HOW DID LABOUR PROGRESS?

When I was examined, I was 7cm dilated. I couldn't wait to get into the birth pool. After half an hour, an urgent need to push overwhelmed me. The midwives didn't say too much, but gave me gentle reminders like 'don't forget to relax your legs'. I was comforted by their presence and, importantly, they made me feel confident and in control.

WHAT WAS THE DELIVERY LIKE?

As I knelt in the water, Tom whispered words of reassurance in my ear. After five minutes of calm but intense pushing, I felt a stinging sensation, followed by a pressure as Mabel's head came out. With the next push, her shoulders emerged, followed in the third contraction by the rest of her body. Elated, I scooped her tiny body up and held it against mine.

HOW WAS YOUR CARE AFTERWARDS?

Even though I had a straightforward birth, I stayed in the midwife-led unit for four days. Mabel was more interested in sleeping than feeding, and the midwives helped me sort this out. They showed me how to latch her on properly, and helped me to express my milk and feed her tiny amounts in a syringe. It was the kind of care you would normally never get in a hospital and I was so grateful. My experience was wonderful from start to finish.

THREE THINGS I'D TELL MY **FRIENDS**

If you want a natural birth but are apprehensive, tell yourself you can do it. Be confident, positive, and stay focused. Trust your midwife. She will usually let your body take the lead to allow labour to progress naturally. Listen to what she suggests and also to your body. You will be told when you can be discharged from the unit but that doesn't

always mean you have to leave. If you feel

you need further

support from the

midwives, you can

stay for longer.



New Year Nipper Savings!

Out 'n' About Nippers are an excellent solution for parents who require a multipurpose pushchair. This New Year there are savings to be had on all models within the range. You can save £50 on a Single, £75 on a Double, £60 on a Sport and £40 on the NEW Little Nipper.

For more information and a list of participating stockists please visit our website-







www.outnabout.com 🎁/outnaboutuk 📴/OutnAbout_UK







I wanted good aftercare'

HEATHER DUNKLEY, 34, A PRIMARY TEACHER, LIVES IN LEICESTER WITH HUSBAND BEN. 34. AND DAUGHTERS GRACE, TWO, AND HANNAH, SEVEN MONTHS

I WAS NAÏVE AFTER I HAD MY FIRST BABY

Having been discharged after just five hours, I struggled to breastfeed and felt isolated at home. On day three I started feeling fluey, which the midwife put down to a bug. On day 10 I was rushed to A&E and diagnosed with an infection on the lining on my womb.

SECOND TIME AROUND, I RESEARCHED WHERE I COULD GET BETTER AFTERCARE

Chatting to mums in my area, I heard about a local midwife-led unit. The mums raved about their comfortable stays in the days after birth and the breastfeeding support. I knew that was the best place for me.

MY LABOUR BEGAN SLOWLY I had been feeling 'tightenings' in my bump for days. Then, eight days before my due date, I started having contractions every 10 minutes. At 2am the next morning, an intense contraction woke me.

I WAS DESPERATE TO GO TO THE MLU

I paced around and breathed deeply. Ben phoned my mum to look after Grace, and called the midwife. I was advised to stay at

home. My waters hadn't broken but after a couple of painful hours at home, I called to say we were on our way.

IT WAS A RELIEF TO SEE MY ROOM

At 5.30am we arrived at the midwife-led unit and I immediately felt confident. My room was homely with dim lighting, a big birth pool and a private bathroom. It felt a million miles away from a clinical ward. I felt at home and any niggles I had about not having doctors around disappeared.

THE MIDWIVES WERE SO REASSURING

When I was examined, I was 8cm dilated which surprised us all. Suddenly my waters broke with a gush, and it all felt very real. But I felt as if I was in safe hands. Waiting for the birthing pool to fill up, I sat on the edge of the bed, breathing in gas and air, which helped to keep me calm. As soon as I climbed into the water, I started to push. I didn't feel the need for more gas and air.

PUSHING TOOK ABOUT 15 MINUTES I was

aware of the midwives' presence in the room, but they staved in the background. Ben was the one sitting next to me as I knelt over the side of the pool and pushed with all my strength. I was aware that this was a really special moment. I felt a burning, stinging sensation and realised that the head was about to come out. In one huge contraction, I felt an enormous pressure and moved my hand down to feel a mop of hair between my legs. I gave one final, almighty push and the body emerged. As I held Hannah against my chest, I felt a rush of love. I was over the moon.

I NEVER FELT ALONE LIKE I HAD DURING MY **PREVIOUS BIRTH** My birth experience was completely different and so much better.

THE THREE DAYS I SPENT AT THE UNIT AFTER THE BIRTH WERE SO IMPORTANT

Nothing was too much trouble for the midwives. I was transferred to a quiet ward, and given lots of help with feeding. Ben came along during visiting hours but for the rest of the time I was with the midwives. By the time I went home, I felt relaxed and confident. ▶



THREE THINGS I'D TELL MY **FRIENDS**

7 Check that your chosen midwife-led unit has a birth pool - most do as standard. Water is an amazing natural painkiller.

Moving around and staying upright really helped to progress my labour. A spacious unit will give you all the room vou need.

Don't be shy when it comes to accepting help with breastfeeding. Sometimes, it's only by being physically shown the correct position, that you can get it right. That means hands-on demonstrations!



It was the next best thing to a home birth'

SHEA HOLLIS, 31, A PRIMARY TEACHER, LIVES IN CATFORD, LONDON, WITH HUSBAND DANNY, 32, AND DAUGHTER OLIVE, TWO

When I visited the midwife-led unit attached to my local hospital, it felt like the next best thing to having a home birth. Double beds, modern furniture and dimmed lighting gave it a lovely cosy feel.

But my due date came and went and I lost hope of a natural delivery. When I was 13 days overdue, I went to the traditional hospital ward with Danny to be induced. To our horror, the midwife said they were over-booked and the ward was full. I was squeezed into a ward alongside mums and their newborns, and was booked for induction the following morning.

After Danny left, I struggled to get comfortable because of a dull ache in my lower back. At 4am, a stabbing pain in my sides woke me. It kept repeating until I couldn't ignore the fact that something was happening - naturally.

A midwife confirmed I was in labour. I phoned Danny, who arrived at 6am, followed by my mum at 8am. Every few minutes I had a sharp contraction, but I could cope with the pain. By 10am the pains were more intense and regular. I was 4cm dilated and I was moved to the delivery suite. The clinical atmosphere was a world away from the midwife-led unit.

Then, frustratingly, the pain tailed off. At midday, the midwife suggested I walk around to kick-start contractions. She came back to tell me there was room for me on the midwife-led unit. I couldn't believe my luck.

Once there, I sank onto a bean bag. Dimmed lights and a Jacuzzi-like birthing pool made the room feel like a hotel. Danny put my music on the iPod dock. The midwife kept popping in to check on me, but I felt happy in my own space with just Danny for support.

By 4pm I was 7cm dilated and started on gas and air. As I lowered myself into the birth pool, sipping juice through a straw, I joked: 'I'm in Barbados!' A feeling of bliss washed over me. By 9pm I was fully dilated and began to bear down. I repeatedly felt like my baby's head was about to come out but somehow it



always popped back in. After an hour I felt demoralised. I stood up to get out of the water and suddenly, an enormous contraction hit me.

'I can see meconium [baby's first faeces],' the midwife said calmly, before sounding the alarm. 'Your baby's distressed so we need to speed things up,' she added. She sat me on a birthing stool and I pushed with all my strength. A team of ten staff rushed in. There was no time to panic. Thankfully, within a few minutes I felt the head emerge.

The midwife urged me to stop pushing. 'I can't!' I shouted as I felt massive pressure before the body slid out. Relief and joy overwhelmed me as I held Olive.

After a couple of seconds she was whisked away to be checked. Those few seconds before I heard her cry were the longest of my life. Finally learning she was healthy was the best feeling in the world.

I needed stitches but my recovery was straightforward and, amazingly, we managed a full five hours sleep as Olive slept beside us. I credit my midwife-led unit experience with how calm and content I felt taking Olive home the next day.

THREE THINGS I'D TELL MY **FRIENDS**

1 Focus on the end goal of delivering your baby. The calm atmosphere of a midwife-led unit makes you feel relaxed but remind yourself you're there to do a job.

If your partner is allowed to stay the night, take advantage by getting him to change the first nappy, dress and settle the babv. He'll feel useful and involved.

3 Many midwife-led units have docking stations for iPods. Create playlists of music vou love. My songs really helped to calm me.

When the cloud of colic strikes...



Help calm the storm of colic, for you and your baby. Nelsons® Colica® Colic Granules are specially formulated to help relieve the symptoms of colic.

A homeopathic medicinal product used within the homeopathic tradition for the symptomatic relief of colic in babies over one month of age. Contains Citrullus colocynthis 30c and Dioscorea villosa 30c.



Always read the label.



The natural choice for parents.

Now available from selected Boots, supermarkets and independent pharmacies or visit www.nelsonsbabv.com to find out more.



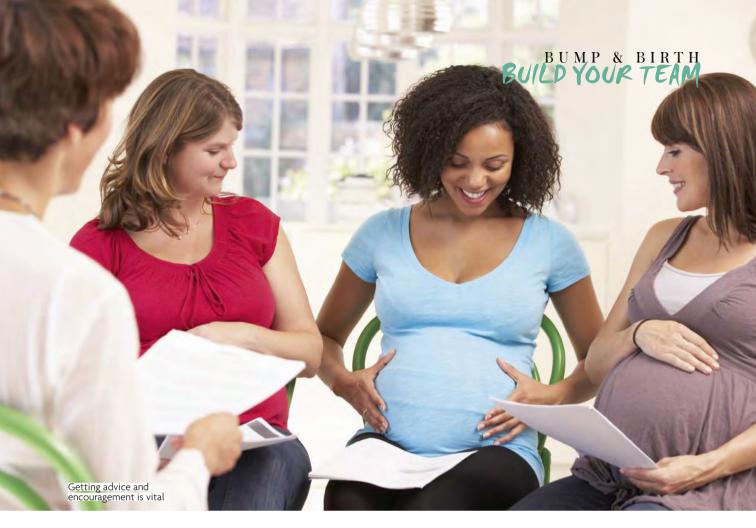


SEALES !

Discover a world where the very finest organic ingredients are carefully hand-selected to create **42 tantalising recipes** perfect for an exciting weaning adventure. There's a pouch for every milestone of a little food explorer's weaning journey: from smooth and mild for those magical first tastes, through to lumps for more adventurous taste buds. Every savoury recipe also contains omega 3 goodness, important for the development of brain & nerve tissue.

ot's all part of our wonderful World Of Weaning

Come and join our world at hipp.co.uk/wow



Set Up Your Support Network

Pregnant? Find all the help you're likely to need...

The responsibility for carrying your baby may be yours alone, but building a team of people around you will help you cope with the challenges of pregnancy and parenting.

'Pregnancy and motherhood is exhausting and wonderful in equal measure,' says psychologist Emma Kenny. 'There are many new challenges to deal with. Changes in hormone levels can make you hugely emotional and less able to cope.

'By having a close, loving and supportive network around you, the likelihood is you will find it a less

anxious and fearful time. Other people are able to give a fresh perspective to what might appear to be challenging situation. There is plenty of advice available. The fab thing about a close support network is the sense that you are stronger because of it.'

ANTENATAL GROUP

At antenatal classes, you will find answers to your questions about labour, birth, being a new parent and looking after your baby. The group often become friends, and stay in touch as their children grow. Your

midwife can give you details of local NHS antenatal classes, or consider a private course through the National Childbirth Trust (NCT) or smaller groups, such as The Blooming Bunch.

'Quality support for new mums is vital for emotional health and wellbeing,' says Clea Harmer, head of education at the NCT. 'The transition to parenthood is a time of immense change and new mums and dads can feel a sense of loss, isolation and fatigue. NCT courses encourage relationships with other parents - gaining an extra source of support and reducing feelings of isolation.'

Kate Tunstall, mum to Ophelia, two months, says her NCT friends have been an invaluable part of her new mum support network. 'Before we'd even finished the classes we set up a WhatsApp group and after, met up at least once a week.' Kate says the support has made a real difference. 'We even messaged each other in labour to cheer each other on! And now the babies are here, it's great sharing our experiences.'

Find your support nct.org.uk, thebloomingbunch.co.uk

BUMP & BIRTH BUILD YOUR TEAM

INDEPENDENT MIDWIFE

Most people opt for NHS midwives for prenatal care, but independent midwives are becoming an increasingly popular option for women who want the benefits of continuous care from one person.

Such privately funded care means you are cared for by the same midwife through your pregnancy, during birth and over your postnatal care period. You will build a trusted, continuous partnership with your midwife who may also accompany you to routine antenatal appointments and carry out checks in your own home.

'With a support network, it's quality and not quantity that matters,' advises Sam O'Brien from Independent Midwives UK. 'An independent midwife will form the backbone of your support network, and the right kind of support can mean the difference between positive and negative physical and mental health for both mother and baby.'

Costs start from £2,000 for an NHS top-up package, ranging up to $\cancel{\xi}$,4,000 for a full care package.

Find your support imuk.org.uk



DOULA

A doula offers a mum individual support during late pregnancy, birth and the first days with a new baby. She isn't medically trained and isn't required to complete a specific training programme. A doula will help you to draw up a birth plan and negotiate with medical staff to ensure your wishes are heeded. During labour, she'll provide whatever you might need, from practical support to massage and help with breathing techniques. If you can't, or would prefer not, to rely upon a partner or family member during the birth of your baby, a doula can be a real help.

'Many women are isolated from family and friends. The support of a doula who's supported many mothers through childbirth and helped families manage the transition to parenthood is invaluable,' advises Sophie Brigstocke, a birth and postnatal doula.

Doula UK will help you find a recognised doula who has reached a set level of skills and experience. Costs vary depending upon experience, but expect to pay between £,500 and f,2,000, depending on your needs.

• Find your support doula.org.uk

HEALTH VISITOR

A health visitor takes over care of your baby from your midwife, usually 12 days after birth, and will regularly meet you at your home, in a children's centre or at your GP's surgery. She will weigh your baby, offer advice about his needs, help solve sleep problems and carry out development checks. She can also support you while you establish breastfeeding. A health visitor will typically run regular drop-in clinics when she will plot your baby's weight on the charts in his red health book.

A health visitor's support is invaluable during those first months when you're learning how to care for your baby. Treat her as your new best friend. Make her a cup of tea when she visits, confide all your worries and ask her to show you how to cope with any aspects of childcare you are struggling with.

• Find your support ihv.org.uk

KRAAMZORG

Not an extreme sport, but a support service for postnatal women based on Dutch maternity care. 'Our carers visit new mothers daily, offering practical and emotional support, including feeding advice and help with the care of your baby,' says Jan Rogers, director of Kraamzorg and a practising midwife. If you don't have family or experienced friends nearby, Kraamzorg can take on this supportive role.

We ensure the house runs smoothly and give parents time to enjoy their new baby. We prepare breakfast (in bed if you wish), packed lunches for school-going children, do housework and shop for essentials,' says Jan.

'Having a Kraamzorg nurse meant I was able to take the time I needed to establish breastfeeding and to make my newborn my focus,' says Anna Chopping, 37, who used the service after having her third child, Toby. 'It meant that all the worries I had about pretty much everything in those first few days after birth were set aside.'

Kraamzorg costs around £35 an hour, with packages ranging from f.875 to f.1,700.

Find your support

kraamzorguk.co.uk

ONLINE SUPPORT

Message boards are great for getting advice from other parents. Online support groups can also prove invaluable. Katrina, 32, from Buckinghamshire, mum to 14-monthold twin girls, made online friends through #PNDHour, an online space for mums to come together and share their experiences of postnatal depression. 'Being able to share your thoughts with someone who understands is priceless,' she says. 'Twitter was my escape and I found peace talking to other mums who helped me understand my PND and didn't judge me.'

Find parenting support groups on Facebook and Twitter. These can be useful for finding out about local groups and give you the chance to connect with other mums.

Find your support Faceboook and Twitter



FRIENDS AND FAMILY

Probably your easiest source of support is from friends and family keen to help in any way they can. 'If you need your washing and ironing done, then steer your support appropriately,' says psychologist Emma Kenny. 'Allow them to help you, whether it's watching your little one while you have a nap, or sorting your



weekly shop.' She suggests creating a timetable to work out exactly what help you need and when.

SURE START CFNTRF

There are over 3,000 Sure Start children's centres across the UK, offering free services, including advice on breastfeeding, maternity help and parenting support. Over one million families are supported and receive services delivered through children's centres on a regular basis, including 67% of the country's most vulnerable families. Although targeted at families in need of help, the centres offer activities

and advice for all parents. These can take the form of regular play groups or courses, such as infant first aid or baby massage (these may require a referral from your health visitor). There are usually also specific groups, such as those for mums of twins or babies born with a disability.

• Find your support gov.uk



HELP IS A CALL AWAY

HEALTH

For non-urgent medical enquiries when your GP surgery is closed, the NHS 111 service can help you access local health care. **111**

EMOTIONAL SUPPORT

The NCT offers new parents practical and emotional support.

0300 330 0700, nct.org.uk

PANDAS, the charity for pre- and postnatal depression, offers advice and support.

6 0843 289 8401, pandasfoundation.org.uk

BREASTFEEDING

Ask your health visitor about groups in your area or visit breasfeedingnetwork.org.uk

La Leche League can help with breastfeeding difficulties.

6 0845 120 2918

SLEEP

Cry-sis offers support if your baby has sleep problems.

08451 228 669, cry-sis.org.uk

TWINS

TAMBA, the twins and multiple-births association, can direct you to support groups.

6 0800 138 0509, tamba.org.uk

SPECIAL-CARE BABIES

Bliss runs a helpline for parents of premature and special-care babies.

0500 618 140, bliss.org.uk

FAMILY LIFE

Get free advice and support from Family Lives.

3 0808 800 2222

Gingerbread offers advice to single parents, gingerbread.org.uk

FINANCES

For information on child benefit and other benefits, visit gov.uk

FATHERS

Online support via dadzclub.uk

Stock up on your baby essentials







64p each



64p each 64 wipes



WORDS: LAUREN CARBRAN PHOTOGRAPHY SHUTTERSTOCK

REAL LIFE | BABY ETIQUETTE SLEEP FIXES



Brush

TOOTH DECAY AFFECTS 40%of under-fives in the UK, so it's vital to teach your baby good oral hygiene from an early age.



The Brush Baby Electric Toothbrush (left, £,9, johnlewis.com) is the first-ever electric toothbrush for babies and a silver medal winner in the 2015 Mother&Baby Awards. With

an easi-grip handle, it can be used as soon as his first tooth starts to appear.

If your child attends nursery, then new advice from The National Institute for Health and Care Excellence (NICE) applies. The recommendations state that children should brush their teeth at nursery under supervision to prevent tooth decay and gum disease caused by sugary foods and drinks. In the future, NICE plans to provide each child with a toothbrush and toothpaste.

Sleep Solutions

So it's the middle of the night and you've tried everything to get your little one to close his eyes. Time to deploy some snooze-inducing tricks of the trade...

If he's... restless Try... a gentle stroke

IT'S THREE in the morning and he's been squealing with delight for 20 minutes but now it's turned to tears. If you resisted the temptation to quieten your child before he cried, good for you. Just as we often wake during the night, so do babies and leaving him to settle will, in time, teach him to get himself back to sleep. But before he learns that skill, he may cry. 'Without engaging in chat or lifting your child, gently run your finger in a line from his forehead down to the tip of his nose, and keep repeating,' says sleep consultant Katie Palmer. 'As you do so, press ever so slightly more firmly between his eyebrows, just above the bridge of his nose where there is a relaxation point. This will spark his curiosity, so he'll stop grizzling. As he follows your finger with his eyes he'll naturally close them and he will drift off to sleep.'



MEET THE EXPERT Katie Palmer is a maternity nurse and sleep consultant.

If he's... teething
Try... a dose of medicine

BABIES OFTEN CRY at night because of sore gums but are not fully awake. 'Keep paracetamol in your room, so you can draw up a syringe and administer it without fuss,' says Katie. 'Gently lift your baby's head and squeeze the medicine into his mouth. Put a clean finger on his gum where the tooth is coming through and apply a little pressure to ease the pain. He should quickly quieten but if not, keep your finger in place for five to 10 minutes until the medicine starts to work.'

A QUIET HOUSE can be disconcerting for your baby after months in the womb listening to the whooshing of blood and the sound of your voice. 'He'll need to get used to silence, but in the short-term, if he's screaming, download a 'white noise' app,' says Katie. 'I like the free app White Noise Ambience Lite by Logicworks. The 'static' sound mimics womb noises and makes him feel safe.'

If he's... overtired Try... filling his senses

> IF YOUR BABY has worked himself into such a state there's no way he'll settle himself, try stimulating his senses. 'Pick him up and hold him to your chest so his heart is near yours and his ear is close to your cheek,' Katie advises. 'Make long, low 'shhh' noises and gently sway while rubbing his back in a circular motion with an open palm. He'll concentrate on the sensations so much that he'll naturally calm down. As he does, reduce your volume and swaying, and slow the rubbing until he's content and you can lay him down. Stand beside the cot with your hand on him, continuing to make very quiet 'shhh' sounds until he's still and peaceful.'

Help him have a good night's sleep

If he's... colicky Try... tummy pressure

If he's... grazing
Try... waking him up



IT'S COMMON FOR babies to drop off during night feeds after drinking for a few minutes. 'Don't put your baby back in his cot,' says Katie. 'Instead, wake him up by changing his nappy, even re-dressing him, so he's alert. Then continue his feed. A tummy full of milk is like a sedative and he'll sleep for a long period. If he falls asleep with only a partially full tummy, he's likely to wake up wanting more food an hour or so later.' **APPLYING PRESSURE TO** your baby's tummy can give fast pain relief. 'Lay your child tummy down along your forearm, so his arms and legs dangle either side and his face is in the palm of your hand,' says Katie. 'This applies pressure to his tummy. At the same time, gently rock him as the motion is soothing. Repeat long 'shhh' noises in a low tone, which is reminiscent of womb noise. Once the pain has passed, gently place him in his cot, continuing to 'shhh'. Keep your hand on his tummy for a few minutes, slowly reducing your volume until you are silent. Colicky babies tend to be 'sucky' babies too, so consider introducing a dummy to pacify him.'

Discover gentle Organic goodness



50 years of breastmilk research



We use the finest **organic ingredients** in our follow on milk, which means no chemical pesticides and no GM ingredients: maybe that's why **10 out of 10 mums** who have changed to our milk say their babies seem happier.

We've been researching breastmilk for over **50 years**, so you can rely on us to include the ingredients your baby needs from 6 months onwards to grow strong and healthy (like iron, vitamins A, C and D, and PRÆBIOTIK®).

Science and nature - hand in hand

For more information ask your healthcare professional or visit hipp.co.uk

Combiotic follow on milk

Combiotic follow on milk

From contributes to normal cognitive development

Vitamins A, C and D for the Immune system

PRÆBIOTIK* (GOS)

from 6 months onwards

Important notice: Breastfeeding is best for babies. Breastmilk provides babies with the best source of nourishment. Infant formula milks and follow on milks are intended to be used when babies cannot be breastfeed. The decision to disconlinue breastfeeding may be difficult to reverse and the introduction of partial bottle feeding may reduce breastmilk supply. The financial benefits of breastfeeding should be considered before bottle feeding is initiated. Failure to follow preparation instructions carefully may be harmful to a baby's health, infant formula and follow on milks should be used only on the advice of a healthcare professional "99.8% of \$15 mums using HIPP Organic who have changed from a different brand agreed either 'strongly' (62.5%) or 'slightly' (37.3%) with the statement 'my baby seems happier'. Research conducted July 2013.



Time To Talk

New research reveals babies silently practise their language skills long before they master speech. Here's how you can help...



Dr Sarah Roseberry Lytle is a director at the Institute for Learning & Brain Sciences at the University of Washington

New research published by a team of neuroscientists at the University of Washington has found that babies' brains process and rehearse language months before they utter their first word. The team studied the brains of seven-, 11- and 12-month-old babies using a brain scanner to monitor activity while they listened to syllables in English and Spanish. The results revealed that the motor-function region

of a baby's brain – the part they use when speaking – was being activated. The researchers concluded that the babies were rehearsing the physical skills needed to talk, long before they were able to speak.

'This is significant because babies of this age are not yet talking, but their brains are already being activated in preparation,' says Dr Sarah Roseberry. So while your seven-month-old may look nonplussed when you talk to her, she is actually busy thinking about and silently practising how she will one day respond.

Researchers also found activity in the auditory region – the part of the brain used to process sound – when babies

heard language. In younger babies, the level of activity was the same when they listened to Spanish and their native English, suggesting that their brains are not making distinctions between languages but focusing on all language.

By the age of one, sound processing had changed. These babies showed increased activity in the motor-function region when they heard Spanish. 'This is because the babies are taking longer to work out how to say it,' explains Sarah. Their auditory region, by contrast, was most active when they heard English, their native language, showing they understood some of what was being said.

'As children hear more language over time, their brains get better at activating all of the different systems that they will eventually use to join in the conversation,' says Sarah. 'This means that it's critical that children hear a lot of language early in life, even before they are ready to talk.'

Turn over for practical advice to help your little one learn to talk... ▶

PRACTICE 'PARENTESE'

One of the key conclusions by the scientists involved in the Washington study was the value of parents engaging in long, drawn-out baby talk, known as 'parentese.' So abandon any concerns you have about sounding silly when talking to your baby. The long syllables, higher tones and exaggerated facial movements that a mum naturally uses with her baby provide a language template that is easier for an infant to follow.

'We use the term infant-directed speech (IDS) to describe the sing-song type of talk that we often use with infants and toddlers,' explains Sarah. 'When using IDS, we use a range of frequency in our pitch, put exaggerated pauses between words, and use simplified grammar. All of these features help babies to recognise and learn language. Research has shown that children babble more when they hear IDS. The children who hear more IDS at 12 months have larger vocabularies at 24 months.

SHARE BOOKS

Don't think that your little one isn't listening when you read him a story. 'Research tells us that children benefit from hearing new and different words,' says Sarah. 'Looking at books together and talking about what you see can be a great way to introduce new and different words you might not use in everyday life.'

It helps to have favourite books which you read time and time again. The rhythm and familiarity of the same phrases will help your baby grasp the connection between words and objects.

'We also know that early book reading helps children physically learn about books - how to hold them, how to turn the pages – and establishes a pattern of reading that can last for years,' adds Sarah.

SING HUMPTY DUMPTY

Singing nursery rhymes is another behaviour we all naturally adopt when we have a baby, without really understanding why. But those incessant rhymes will help your baby learn to talk.

'Rhyming helps children practise basic phonological [sounds in language] awareness skills. If you were to ask an older child if 'man' and 'pan' rhyme, or to think of a word that rhymes with 'lake', you are challenging him to think about the sounds of language. These phonological awareness skills help children build their vocabulary and are important for later literacy,' says Sarah. 'Rhyming is very closely tied to later literacy skills, so nursery rhymes can be great tools to help build them. It's never too early to introduce them'

SWITCH OFF THE TV

Leaving the television on to provide background noise could inhibit your baby's speech development. 'Background television has been linked with shorter parent/child conversations, the use of less complex language between parents and children, and shorter play episodes for children,' says Sarah. But if you've got a radio habit, don't worry: 'Radio does not seem to have the same negative effect as television.'

ASK YOUR BABY'S OPINION

When you're chatting with your baby, leave time for him to 'reply'. 'This teaches him the rhythm of conversation and encourages him to participate,' says Sarah. 'Even before he's talking, he'll have a lot to say by way of grunts, coos, gurgles and babbles. Respond to these contributions!'

To encourage this 'back and forth' before your baby can talk, play 'So Big'. Gently stretch your infant's arms above his head and ask, 'How big is (child's name)? Soooo big.' Then add, 'Here I come!' and kiss his tummy or neck. Even a young baby will often hold his arms up, asking for the game to be continued. Respond to this gesture and you are having a pre-verbal conversation.

EXPERIMENT WITH SIGNS Your baby is trying to communicate

with you and, although he can't yet talk, he can sign. 'Lots of parents report that signing reduces frustration as children can communicate before they have oral language to do so,' says Sarah. 'It doesn't impede language development as long as it is used in conjunction with spoken language.'





Getting To Hospital Was A Comedy Of Errors'



Actress **Tina O'Brien** is used to drama, and thanks to her partner Adam there was plenty of it in her second labour...

Words SARAH EWING



BABY & TODDLER TINA O'BRIEN

SOAP STAR Tina O'Brien, 31, is about to return to Coronation Street 16 years after she first appeared as fresh-faced teen Sarah Louise Platt. Since leaving the show in 2007 she has appeared in hit dramas Call The Midwife and Waterloo Road. But the role that has kept her busiest is as mum to Scarlett, six, and 3-month-old Beau, the son she had in October with her partner, fitness trainer Adam Crofts. The pair met in 2010 when Scarlett [her daughter with former Corrie co-star Ryan Thomas] chatted to him in a coffee shop. As Tina tells M&B, Adam turned Beau's birth into a comedy...

Was Adam nervous about becoming a dad? It's something he really wanted and something he was ready for, even though I fell pregnant so quickly after making the decision. He did worry if he was going to be any good at fatherhood and that he'd panic if he didn't intuitively know something. When I told him about sterilising bottles he said: 'How do I do that?' But he soon realised nobody knows how to do these things until they've done them once.

How did he cope during your

pregnancy? He was fantastic. There were times when I was a bit irrational and he was really calm and affectionate, and just gave me a big hug. After all the horror stories he'd heard from friends, he thought I'd be a lot more hormonal during my pregnancy. But I knew what to expect so I was a lot kinder to myself than when I was pregnant with Scarlett.

What happened when you went into labour? I knew I was going to have a fast labour as Scarlett arrived quickly and second labours can be faster, so my main concern was getting to the hospital on time. I'd been having Braxton Hicks [false contractions] for a few days and I was 11 days overdue. I was uncomfortable and heavy, having put on three stone. My waters broke with a little trickle around 1.30am.

How did Adam react? He was in such a daze and panic. It was very funny. We had to wait for my mum to arrive to take care of Scarlett and I had a

contraction as I was walking towards the car. Adam had rushed off ahead of me to get the car ready and he started to drive off. I was like: 'Hold on, I think you've forgotten something!'

Did his reaction make you panic?

No. He's a really laid-back chilled guy so seeing him in such a state kept my mind off things. It didn't help that he got lost on the way to Wythenshawe hospital. He was trying his best to get there as quickly as possible while keeping an eye on me. He came flying off at the wrong junction and took me to the wrong place – it certainly wasn't a hospital!

Did he calm down when you arrived on the ward? No, the comedy kept on coming! He was so flustered by the time we got there that he rushed ahead to the maternity ward and forgot me while I was having a big contraction. When I did get booked into a room, it didn't get any better. He kept knocking things over and banging into pieces of equipment. The midwife actually had to calm him down!

Was the labour itself free of drama?

I wanted everything very low key in the birthing centre. I had the lights kept low. I didn't want any pain relief because I wanted to focus on what my body was going through. There was a birthing pool that I used. I can't recommend it enough. The staff were brilliant. But I had literally just given birth to Beau when Adam turned to the midwife and said, 'I don't suppose you've got two paracetemol, have you? I've got a banging headache.' I mean, you've got to be kidding me! I couldn't stop laughing!

And how's Beau been since you got him home? He's been smashing, he's very laid back like Adam.

Scarlett wasn't a great sleeper those first few months. But, touch wood, Beau has been great. He had a few weeks of colic, but if I put him down at 7pm, he wakes once for a feed at 1.30am, and then another at 5.30am, before getting up at 7.30am, so I really can't complain!



Does Adam help during the night? Initially I was breastfeeding, but now we're supplementing with formula so he can help. I'll take charge during the week, as Adam works long hours. At the

weekends he takes over. He's really good at recognising when I'm tired and sends me off for a rest.

How do you make the most of your family time together? We love going on trips to the nearby lake. Scarlett and Adam build fires and explore while I sit with Beau in our tent. As much as I love me-time, I'm happiest doing simple things with the kids.

Has Adam given you a fitness plan to help lose the baby weight? I'm in no rush to lose it. It's starting to come off naturally and I'm paying attention to what I eat. He'll devise a simple exercise plan for me to get back in shape for when I return to Corrie next month.

Tina is supporting Pears Soap's Golden Moments campaign that 'we time' not 'me time' makes mums happiest.





Tame Those Tantrums!

No mum can escape the full force of a toddler's rage but these simple steps will help you stay calm and minimise the drama



YOU CAN'T AVOID tantrums - they're a normal part of being a toddler. So don't fall into the trap of feeling you're a bad parent for failing to prevent them. Instead, understand why your child has lost control. 'It's all about her brain development,' explains parenting expert Sarah Ockwell-Smith. 'Physically and biologically she can't do emotional self-regulation. When adults get angry in the middle of the supermarket, we don't scream and shout. But the part of our brain that allows us to regulate

our behaviour has not yet developed in a toddler. Tantrums are normal, and not a reflection on you. However hard it is to parent a toddler, it's harder to be a toddler.'

Recognise the triggers

Draw up a list of all the places where your child has had a tantrum. We're guessing play centres and supermarkets will feature at the top of your list. Avoid going to these places with your little one until she has started to gain better control of her emotions. 'If your child always has tantrums at toddler group because she doesn't like to share, don't put her in that situation,' advises Sarah. 'Sharing is a hard task when you are two. Feed the ducks instead.'

Avoid hunger and tiredness

It's 4pm, your child has missed her nap and wants dinner. So don't be surprised when she suddenly throws a tantrum. 'Taking a child out when she's hungry or tired is guaranteed to trigger tantrums,' says Sarah. 'Consider her needs when you are planning what you need to fit into your day. If you're going shopping before a mealtime, take a packed meal with you and plan in sufficient time to allow her to eat. Leave time in your schedule for sufficient naps too.'

TANTRUM STATISTICS

8%

Step into her shoes

It's crucial to empathise with a toddler rather than see her behaviour as naughty. There will be a reason for her tantrum, however silly it may seem to an adult. Ask your toddler why she's feeling angry. 'If she wanted the blue cup not the pink cup, don't trivialise the issue – right now, it's the most important thing in her world,' says Sarah. 'If your partner bought you a new car and it was white not red as you expected, you might feel the same!' 'Show your toddler that you understand, then try to offer a solution or

BABY & TODDLER STOP STROPS

an alternative. If someone has taken her toy, find her another one. This won't stop the tantrum, but it will help to calm it. If you repeatedly empathise and name your child's emotions, she will be able to talk about her feelings when she's older.'

Show her you love her

It can be frustrating when your child doesn't show remorse after a tantrum. But this is normal behaviour. However tempting it is to put some space between you and your toddler at this moment, stay with her and show her you love her. 'A lot of your toddler's

behaviour occurs because she

wants attention or needs

she has done - she

help,' says Sarah. 'So WHEN TO just be there for **ASK FOR HELP** her with kind Struggling to deal with words and the your child's outbursts? offer of a cuddle. Speak to your health Don't ask her to visitor or Homethink about what Start worker.

> has no idea why she has behaved in the way she has and may be as shocked by her actions as you are. She simply needs your love and attention. Without this support, she may internalise her feelings, which will store up problems for the future.'

Keep her safe

Kicking, biting and head banging are all normal behaviour for one-to-threeyear-olds. So when your little one lets rip, ensure she's not going to hurt herself or anybody else. This must be your first consideration. 'If there's even a small a chance your child will run into the road or pull something heavy over, hold onto her. Safety matters most,' says Sarah.

Take care of yourself

Rearing a child of any age is difficult, but the toddler years are especially hard. By taking care of your own wellbeing you will be better placed to deal with those tough situations. 'Take time off from your toddler. You need regular breaks if you are to stay calm in the face of tantrums,' says Sarah. 'If you're stressed and anxious, you might just have a tantrum too!'



ELIZABETH MCMAHON, FROM GLOUCESTERSHIRE IS MUM TO HENRY, TWO

Henry was a good baby, but man alive we knew all about it when he hit the terrible twos!

The worst time was when we went strawberry picking. It descended into mayhem with Henry eating all the fruit. Once the punnets were full, the throwing started. First he chucked individual strawberries at his brother but it culminated in the punnet going over in a rage because I told him to stop. As we queued to pay, Henry screamed when I held his hand. Uncomfortable with all the stares I was getting, I let him go. As I paid, I looked back to check on what Henry was doing. He had poked his finger into every single one of the £12 home-made cakes for sale. I dragged him out of the store, never to return again!'

My son Freddie was so excited about taking his cousin Maisie's birthday present to the post office. But as soon as we'd posted the parcel, he threw himself on the floor screaming. He kept asking if we could go to Maisie's party now, and wouldn't listen when I tried explaining she wasn't having one this year. I still shiver when I think about that day!



Angelic?

EMILIE-MAI MACCORMACK FROM HERTFORDSHIRE IS MUM TO KAI, TWO

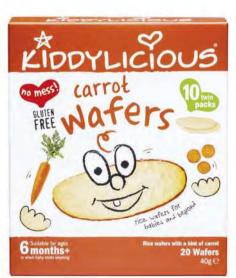
My son Kai looks angelic with his big eyes and curls but don't be fooled. He regularly gets into mischief like unrolling toilet rolls! His worst-ever tantrum happened in the middle of Tesco. When I told him he couldn't have the packet of crisps he wanted from the shelf, he began screaming and pulling at his clothes. Suddenly, off they came – and his nappy too! I got some very disapproving looks from passing shoppers!

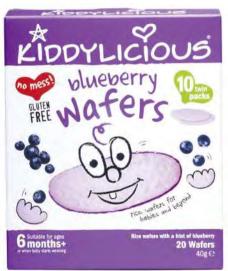


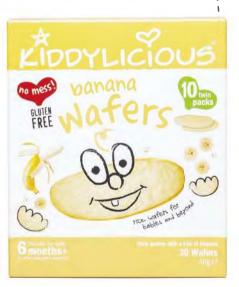
is just delicious!

New for weaning babies and beyond









KIDDYLICIOUS

New wafers - suitable for babies from 6 months. Easy to hold and have a subtle, tasty flavour. Perfect on their own or to spoon and scoop purées, yoghurts and dips.

Find us in the baby aisle.

www.kiddylicious.co.uk









Take The Weaning Quiz

THERE ARE THREE BASIC METHODS

of weaning. The spoon-fed system starts with smooth purées and gradually progresses to coarser mashes and finely chopped foods. Baby-led weaning immediately begins with solid food and allows your child to explore and work out what she can manage to eat. The third method is a compromise and employs both techniques simultaneously - this is commonly called combination feeding.

TO USE THIS QUIZ first answer the questions for your baby, then for yourself. If you and your baby suit different methods, you'll need to compromise. Think of your weaning choices as a long line, with the baby-led approach at one end, combination feeding in the middle, and the spoon-fed technique at the other. There's a place on that line to suit both you and your baby as a starting point. As you both gain in confidence, this position might change, so be flexible.

YES

NO

YES

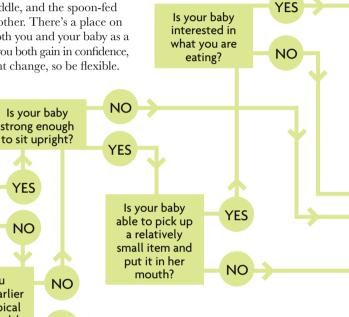
NO

Do you have

Are you

weaning earlier than is typical on your health

visitor's advice?





plenty of time to devote to your baby's mealtimes? Would you be YES able to deal calmly with a gagging baby? NO Not even if you YES went on a first aid course

> with some professional advice? It's not

> > difficult.

Is your baby

approaching six

months of age

or older?

YES Do you NO mind mess? NO YES Not even at weekends? NO



BABY-LED WEANING

To find out how, turn to page 63



Is she adventurous by nature?

Does she

become more confident as she grows accustomed to

new tasks?

NO

YES

NO

Your baby will be happy to take the lead and experiment for herself.

> Take it slowly and your baby will enjoy exploring solid food.

> Spoon-feed but encourage her to experiment with finger foods.

Use combination feeding until her interest in food develops.

The ability to sit up is vital to baby-led weaning.

You need to spoon-feed until she has the necessary co-ordination.

It's best to spoon-feed to control and monitor what she eats.

Easy decision! You will find baby-led weaning a breeze.

Try a combination of methods and see what works best for you.

If you like to be the one in charge, stick to spoon-feeding.

Spoon-feed when you're in a hurry but try baby-led when you have time.

If you're pushed for time, spoonfeeding is the fastest option.

Stick to spoon-feeding if you're at all worried about gagging.

COMBINATION **METHOD**

To find out how, turn to page 64



SPOON-FED WEANING

To find out how, turn to page 62



Do you like to sit down for meals as a family?

YES

NO

Do you like to be the one in control?

NO

YES

Spoon-Fed Weaning

WHAT IS IT?

Spoon-fed weaning simply means you use a spoon to put the food in your baby's mouth. 'You usually purée food to make it easier for a baby to handle,' says nutritionist Dr Rana Conway.

WHAT ARE THE BENEFITS?

It's – relatively – mess free. There will still be food smears decorating your baby, the high chair and the floor, but with you in charge of the spoon, the mess can be contained.

You may feel more relaxed about spoon-feeding because there's a low risk of your baby gagging or choking.

It's also easy to make sure your baby is getting a range of foods. Until she's about nine months, your baby may not have the dexterity she needs to pick up her food and transfer it to her mouth. As this method means you're putting the food in her mouth, you can make a fair estimate of how much food she's actually consuming.

ARE THERE ANY DOWNSIDES?

If you purée your baby's food too finely, or stick with purées for too long, your child may dislike lumps. So it's important to start making her food more textured within a few weeks of beginning weaning. Introduce mashed food and soft finger-food, such as a long strip of soft cucumber.

Ignore reports that spoon-fed babies end up fatter than children who had baby-led weaning: 'There isn't enough evidence to support this,' says Rana.



- Place food in front of your baby. 'She is more likely to respond positively if she can see what's happening,' says Rana. 'Being able to see, smell and touch the food is important, as well as taste.'
- Use a soft, shallow, age-appropriate spoon. 'Metal spoons are too hard for a baby's soft teeth and gums,' adds Rana. 'Young babies suck their spoons, so you need one that won't hurt.'
- Let your baby grab the spoon if she wants to. 'Babies are keen to grasp things and to get involved,' says Rana. 'You may find she wants to hold a spoon in each hand. The more active your baby's role during mealtimes, the more she will enjoy food.'

• Wait until your baby opens her mouth. 'At first, you may need to touch the spoon gently against her lips,' says Rana, 'but once she knows what to expect, let her decide if she wants to eat the food.'

BEST FIRST FOODS

- **Puréed pear** Gentle on the digestive system and full of vitamin C, which helps your little one absorb vital iron.
- **Porridge** Cereals for babies are often fortified with vitamins.
- **3** Puréed avocado Packed with vitamin E and easy to digest.

3 ESSENTIAL BUYS

If your baby likes to grab the spoon, you're likely to use three or four in a feed.
Pack of five
Soft-Tip Weaning
Spoons, £3.49,
vitalbaby.co.uk

Feed two purées at once with this bowl. It has a lip to remove excess from the spoon. Oxo Tot Divided Dish, £8.17,

amazon.co.uk

This will save time if you're making purées. It's pricey but well worth it. Philips Avent Combined Baby Food Steamer and Blender, £118.50, philips.co.uk





Baby-Led Weaning

WHAT IS IT?

Simply cut up the food you're having, making sure it's suitable for your baby, into manageable pieces, put it on her tray and let her feed herself.

WHAT ARE THE BENEFITS?

Letting your baby make choices may lead her to be a more adventurous eater as she grows up. And introducing texture straight away means she's less likely to be put off by lumps.

As your baby is eating what everyone else is eating, she's more likely to eat with the rest of the family. Research shows that good eating habits are more likely to be formed when families eat together.

ARE THERE ANY DOWNSIDES?

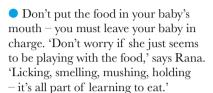
This method is based on your baby being the one in control, so you must let the mess happen! Before your baby is nine months old, it might be challenging for her to get the food into her mouth. This can make mealtimes more time-consuming.

If you're giving your baby the same food as the rest of your family, vou need to make sure these meals are suitable. Babies shouldn't be eating food with added sugar or salt, so no stock cubes.

It's likely you'll experience your baby gagging, and perhaps choking, so learn what to do if this happens.

WHAT DO I NEED TO KNOW?

- Put the food straight onto your baby's tray. In a bowl, it'll be catapulted across the room.
- Don't put too much in front of her. Two food items are enough.
- Cut food into chip-shaped pieces about the length of your finger. This is the easiest shape for her to pick up. The chips need to be long enough for your baby to grasp, with enough sticking out of her fist to eat.
- Use a crinkle cutter to chop the food. The crinkles make it easier to grip.



- Don't feed food that's known to be a choking hazard, such as whole olives, cherries or grapes.
- Be alert for gagging or choking. Because baby-led weaning food is lumpier from the get-go, you're more likely to have to deal with this hazard. 'When a baby gags, she's bringing the food from the back of her mouth to the front, so she can chew it,' says Rana. 'It's usually quick and there's usually a noise. Choking is much more serious. This is when food is blocking a baby's windpipe - and it can be silent. Take a first-aid course and learn how to deal with choking at sja.org.uk before starting weaning.'



BEST FIRST FOODS

Banana Half unpeel it to give your baby something to hold, along with easy access to the fruit.

A piece of soft, cooked carrot \angle Naturally sweet and full of vitamin A to strengthen your little one's immune system.

Steamed broccoli floret Most babies love the taste of broccoli and its stem provides a built-in 'handle'.

3 ESSENTIAL

Make an extra-large splash mat for inevitable spills using

on-the-roll PVC material. Tablecloth. £15 per metre. johnlewis.com



Your number-one slicing tool for fruit and veg that can be gripped easily.

Tala Stainless Steel Crinkle Cutter, £2.99. lakeland.co.uk This turns any table into a feeding zone and has a scoop tray to catch all the bits. TinyDiner Portable Placemat, £8.99. summerinfant.co.uk





Combination Feeding

WHAT IS IT?

It's a mix of spoon-fed and baby-led weaning. You use both methods, swapping to suit different situations.

WHAT ARE THE BENEFITS?

It offers the best of both worlds. You enjoy the convenience that spoon-fed weaning brings, and you have the reassurance that your baby is eating a range of food. But your baby also gets the chance to learn how to feed herself and get used to all sorts of textures.

ARE THERE ANY DOWNSIDES?

It can be easy to overfeed your baby. 'If you're feeding her a purée and she's

feeding herself with finger foods, put down your spoon as soon as you think she's had enough,' says Rana. 'You can leave some finger-food on her tray. If she carries on eating, she's still hungry, but she'll eat finger food more slowly.'

WHAT DO I NEED TO KNOW?

- Read the advice for spoon-feed and baby-led weaning.
- Combination feeding is all about flexibility, so make it work to your advantage. Take a purée for easy spoon-feeding if you're out, but if you're having a family roast at home, sit your baby at the table and give her a piece of chicken and some broccoli.

IS YOUR BABY READY FOR SOLID FOOD?

She needs to be around six months of age and be able to...

Be physically strong enough to remain in a sitting position with her head held steady.

Co-ordinate her hands, eyes and mouth so she can see the food, pick it up and put it into her mouth.

Swallow food, rather than push it out of her mouth with her tongue.

NOW YOU KNOW, GET STARTED

Sit your baby upright, either in a highchair or on your lap. She should be secure but able to move her arms and head freely, so she can grab the food if she wants to or turn her head away if she doesn't want something.

A baby's stomach is tiny and her digestive system needs to learn to cope with food. So don't overdo what you give your baby in the first week. For the first 'meal' it's fine to have just one spoonful of baby rice.

Increase the amount of food fairly quickly if you're starting your baby on solids at six months. 'Within a few weeks she should be having three 'meals' a day, each with a small helping of something savoury and something sweet,' says Rana.

Don't worry how much your baby eats as long as she is growing normally and seems generally healthy. 'It's counterproductive to worry,' says Rana. 'She'll pick up on the stress and get anxious about food.'

Make sure she's not filling up with milk if she's not eating much. At six months, she'll typically be having five milk feeds a day: when she wakes up, mid-morning, lunchtime, mid-afternoon and just before bed. These will reduce as she eats more solids.

Follow your baby's lead if she rejects food – don't try and make her eat. 'If your baby turns away, stop,' advises Rana. 'And don't offer her food half an hour later just in case she's hungry.

Wait until

Give new foods at breakfast or lunch, not dinner. That way, you can monitor how she responds to it.

Introduce one

the next

mealtime.'

new food at a time to identify anything that causes a problem. 'If you have allergies like eczema or asthma in your family, be careful about foods that are common causes of an allergic reaction, like cow's milk or wheat,' says Rana.

Give water to drink with meals. It doesn't matter if she doesn't drink, but it's a good habit to get into.

Never leave your baby alone when she's eating. There's a risk she could choke.

If your baby gets constipated,
hold off the baby rice and try just
fruit and veg. These have a high
water content, which helps
wash food through.
'Constipation is common
when a baby first goes
onto solids, so don't
worry,' says Rana. 'Her
tummy is struggling to
cope with the
change in diet.'

JANUARY SALE









Get your New Year off to a great start

Until 31st January 2015, you can try a new magazine from a choice of over 40 titles in print and digital and get up to 4 issues for just £1. Kick start your New Year now!





Visit: www.greatmagazines.co.uk/jansale



or call us on: **01858 438884** (quote Z201)



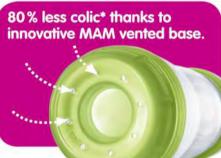




mambaby.com







Look! I can drink so calmly and relaxed.

MAM Anti-Colic: 80 % less colic* for babies, relaxed nights for parents.

Breast milk is best for babies. However when mums want to become a bit more flexible or involve their partner, the Anti-Colic bottle gives them some independence. **Studies confirm the benefits of the MAM Anti-Colic for babies and parents:** thanks to the innovative vented base, babies can drink calmly and relaxed, without swallowing air. The effect: an even drinking flow and 80 % less colic*. The MAM Silk Teat® also provides a familiar feel and makes the switch between breastfeeding and bottle especially easy. And the self-sterilising function ensures simple, safe bottle cleaning.

* Medical study 2011 / Market research 2010, tested with 204 mothers.



We have 50 Bottle samples to giveaway at mambaby.co.uk/freebottle.asp.











°All MAM bottles are BPA free according to Regulation (EU) No. 321/2011

WORDS LAUREN CARBRAN PHOTOGRAPHY SHUTTERSTOCK

SEX | RELATIONSHI



Five Fights arents Lave

They can be avoided, says Sarah Ivens...

THE HEIGHTENED EMOTION and lack of sleep of new parenthood leaves many of us on edge and grumpy. Inevitably, we take it out on our partners. Believe me, I know. When I wasn't staring lovingly at the beautiful baby we'd created together, I spent my first six months as a new mum glaring at my husband Russell, daring him to breathe. I turned into an eye-rolling, sarcasm-dripping monster. Was it my hormones or had Russ become the most irritating person on the planet? I felt horribly mean, but totally justified in my constant nit-picking. With hindsight, I can see there were five areas of conflict that fast became the cornerstones of our day-to-day life. If they're a familiar part of your relationship too, here's how to resolve them quickly and calmly.

'I'm doing most of the work'

THE PROBLEM You've both become accustomed to playing the new-parent victim. Who's the most tired? Who's changed the most nappies? Who most deserves a night out?

THE SOLUTION 'One of the best ingredients in a relationship is mutual recognition and gratitude,' says psychotherapist Aaron Balick. 'Just try saying, 'You cleaned up the kitchen tonight, thanks.' Work of all kinds should be valued and, if you feel your other half isn't holding up his side of the bargain, respectfully challenge him. And remember, a fair division of labour doesn't necessarily mean you both do exactly the same tasks.'

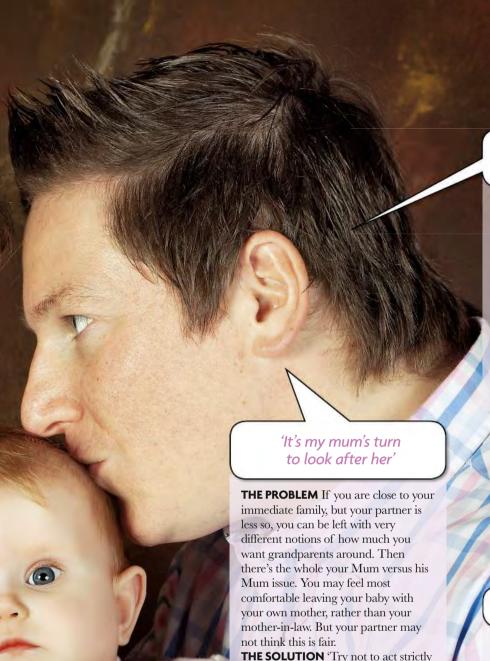


MEET THE EXPERT Aaron Balick, PhD, psychotherapist

and author of Keep Your Cool: How to Deal With Life's Worries and Stress (£8.99, Franklin Watts). 'I want to do it my own way

THE PROBLEM You were brought up with one style of parenting by your parents, while your husband was raised by your in-laws in a different way. Breast-fed or bottle-raised, strict or laidback, over-protective or independent there's a clash of cultures and you both think you're the one in the right. THE SOLUTION 'Parenting isn't about doing the right thing for you as adults, it's about creating the best environment for your child,' says Aaron. 'At the beginning of your relationship, you and your partner both had to accept different styles of relating (perhaps one of you is open, the other private). You now have to learn to understand and accept opposing ideas about parenting too. If there's a difference in style, discuss it like adults, privately, and agree on a united approach. Put your child at the centre of the parenting question at hand. Then think of yourselves as a team coming up with the best solution for her. This will take you away from a 'who is right' approach and offer a 'what is right for

your child' alternative.'



out of obligation to your parents, as

this can breed resentment,' advises

Aaron. 'You and your partner must

what you want to do. It's not

both be honest with yourselves about

your feelings, discuss them, and decide

uncommon for new mums and dads to

be jealous of their own parents' or

children – many feel their parents are

nicer to their grandchildren than they

have issues with our own parents, it's

relationship with her grandparents. Come to the compromise that works

were to them! While we are all likely to

important to let your child, as much as

best for everyone, including your child.'

in-laws' relationships with their

possible, form her own unique

RELATIONSHIPS

'Can't the baby sleep in the nursery?'

THE PROBLEM In the first few weeks when you're waking up to feed your baby every couple of hours, it's normal to have her crib next to your bed. But it's also common for your partner to think this disrupts sleep for all of you. THE SOLUTION 'Combat tiredness in other ways,' says Aaron. 'Eat well, stay hydrated and grab naps when you can. Be clear about your and the baby's needs. Don't expect your partner to read your mind. Explain just why it is that you need your baby next to you practically and emotionally.'



'But what about me?'

THE PROBLEM You've been so busy feeding, changing and getting to know your new baby, you've forgotten about the other precious being in your life: your man. He's starting to whine that you no longer pay him any attention and you know deep down he's right. **THE SOLUTION** 'It's a fact that things won't be the same once you have a baby,' says Aaron. 'But this doesn't mean measures can't be taken to stop your baby from dominating everyone's lives. Your little one comes first, but make time to engage with each other. Call in the troops from time to time. Continue to book dates and time-outs from parenting, so you remember how you get on as a couple. You would be surprised what a dinner date once or twice a month will do to rejuvenate your partnership.'

Trust Your

Have faith in your own abilities and banish negative thoughts to become a more confident, calmer mum overnight

NO SOONER HAVE YOU BECOME

PREGNANT than you are inundated with advice from friends, family and healthcare professionals. It's easy to become overloaded with information and begin to doubt your own instincts. But by applying simple mind management techniques, you can become a confident and calm mum.

Have faith in yourself

Accept that people will offer you advice because they are trying to help. Listen to what they have to say but always have faith in your own opinions. 'I think often the mother's instinct is the good one,' says psychologist Dr Andrew Mayers. 'It's good to hear advice, but as a new mum you are in a vulnerable place. Appreciate that the advice has been well-meant, but do not see it as a criticism. Many mums will struggle if, for example, a midwife says not to hold a baby a certain way when feeding. Do what you are most comfortable with, as long as it doesn't pose any risks.'



MEET THE EXPERT **Dr Andrew Mayers** is a psychologist at Bournemouth University, andrewmayers.info

Ignore peer pressure

Pregnancy and parenthood can bring expectations that new mums, especially those having a first baby, feel pressurised into meeting. Put your own needs above those of others. 'New mums often find, for example, a pressure to breastfeed. Everyone says 'breast is best' (and it usually is) but that pressure comes at the moment of vulnerability when a woman has just given birth,' says Andrew. 'If her mood is low or there have been complications, then the pressure to breastfeed becomes an additional worry that just makes it worse. If you don't feel able to do something, then don't.'

Don't make comparisons

Accept that everyone is different and don't measure your own experiences against others, whether they're celebrities losing weight in a matter of weeks or friends from your antenatal class who had a drug-free labour. 'You might hear of a friend's drug-free labour and think 'mine wasn't like that. I'm a rubbish mum.' But there's little point in comparing yourself to other people because they are in different circumstances,' says Andrew. Empathise with someone who is worse off than you and be thankful for what has gone well for you.'

Judge vourself fairly

It's impossible to control a labour or the first weeks of life with your baby, so you shouldn't feel you've failed if these experiences don't match what you or others thought would happen. 'There can be all sorts of reasons why things are not going quite the way they are in the book or the way your midwife or mother said it would,' says Andrew. 'Don't beat yourself up. If you're struggling to feed, your milk might come in tomorrow. If something isn't going well, tell yourself to be patient and give it time.'

Manage your expectations

You will probably have built a mental picture of the perfect mum, but trying to live up to this ideal is an unnecessary burden. Instead, be realistic about what you can achieve and your mood will stay positive.

'Accept that people will offer you advice because they are trying to help'





'Managing your expectations is a good thing,' says Andrew. 'Sometimes you have all these ideas about how everything will work and very quickly a low mood will sink in if you can't breastfeed or your baby isn't sleeping well. You might think 'I will never sleep through the night again'. Set your expectations a little lower and take the positives from small things that are going well. Be realistic.'

See the bigger picture

It's tempting to feel you've had a terrible day because your baby was sick in the car or you forgot to take a spare nappy with you to the shops. But this is one small part of a day that will have been filled with many more wonderful moments. 'If someone is feeling low there is a tendency to maximise the bad things and minimise the good things,' says Andrew. 'Stop this negative bias. The things that went

'Reward and praise yourself for being the good mum that you are wrong today won't always go wrong. And even if they do, you will know how to deal with them next time.'

Focus on the present

It's good to have long-term aims, but accept that sometimes your current situation must dictate your decision. For example, you might be weaning your baby on home-cooked purées, and be annoyed with yourself for reaching for a jar of pre-prepared food when you're busy. But by focusing on the present - 'I don't have time to cook and he is hungry now' - rather than the future, you'll feel calmer and happier. 'Focus on the now,' says Andrew. 'If you think about the future you might feel anxious. If you brood on the past you can feel depressed. Instead, enjoy the moment.'

Praise your successes

Focus on all the ways you're a brilliant mum and you will be better placed to meet the challenges of parenthood. Look at all the things you are doing and focus on those that are going right. Acknowledge that you are doing a good job in the circumstances, and reward yourself for it. 'Give yourself some 'me time',' says Andrew. 'Have some chocolate or read a magazine. Reward and praise yourself for being the good mum you are.'

SELF-HELP STEPS TO TRY TODAY

- Relax with your baby and set aside your worries for five minutes. Focus on the sensation of cuddling your little one, taking in her smell, weight and the softness of her skin against your cheek.
- Debrief your day by writing a list of positives and negatives. You will see that your toddler's five-minute tantrum has been outweighed by the hours of cuddles and laughter.
- Don't rush to tidy up while your baby naps. Sit down with a hot drink and a piece of cake for 10 minutes first. You'll get just as much done afterwards!
- Look in the mirror and practise your 'thanks for the advice' smile. When you find yourself being given unwanted advice, putting on your practised 'polite smile' will help you to focus on yourself and tune out the information.



A dry night helps your baby to sleep soundly so they are bound to wake up smiling

WHETHER IT'S A QUIET GUMMY

grin or a full-on beaming chuckle, there's nothing better than finding your baby happy and dry after a good night's sleep. In many cases, this comes from a nappy that absorbs wetness quickly to help your little one sleep soundly.

Pampers Baby-Dry contain a unique combination of elements that work together to offer up to 12 hours of dryness, giving your baby the sleep she needs to wake up happy. The Embossed Top Layer pulls liquid away quickly to keep your baby's bottom dry, whilst the Extra Sleep Layer acts as a barrier to stop the liquid coming back to your baby's skin. The nappy also has special Micro Pearls which absorb up to 30 times their own weight, locking in wetness better than ordinary nappies*, so you can be reassured that a wet nappy won't be the cause of a disturbed night's sleep for your little one.

In fact, 92% of UK Mums recommend Pampers Baby-Dry nappies for overnight dryness**. Pearls of wisdom such as these, can prove invaluable for other parents trying to help their baby to sleep well. Why not share your pearls for getting your baby to sleep @Pampers_UK and facebook.com/pampersukire. By using #BabySleep and tagging Pampers_UK, you'll have the chance to win a pack of Pampers Baby-Dry (T&Cs apply).





the baby sleep expert on Pampers'

Jo Tantum is

EXPERT

Love, Sleep and Play panel. She shares her pearls of wisdom for helping your baby to get the best night's sleep.

TREAT 7PM TO 7AM **AS NIGHT TIME**

Keep the room dark and quiet with no talking, games or activities.

YOUR BABY RELISHES **ROUTINE AND RITUAL**

They like to know what's coming next and will soon understand the difference between night time and daytime.

A WET NAPPY CAN **DISTURB SLEEP**

A nappy such as Pampers Baby-Dry has absorbent Micro Pearls that lock away the equivalent of two to three small bottles of milk, providing overnight dryness that can help your little one to sleep soundly.

For more information visit pampers.co.uk. For terms and conditions and to connect with other parents visit 🚮 facebook.com/pampersukire or 🅍 @Pampers_UK #BabySleep

4 Weeks To A Tighter Tummy



Tummies sadly don't snap back into shape after childbirth. But 10 minutes a day doing these easy, gentle exercises will help you regain your pre-baby tone...



'IT'S NORMAL to look six months pregnant for a few weeks after giving birth,' says nutritionist Zana Morris. 'Immediately after birth, your womb is 15 times bigger than it was prepregnancy and it will take six weeks to return to its normal size.' Other changes take longer to rectify. 'Your body releases the hormone relaxin during pregnancy

to loosen your joints to help your baby to be born. This means your ribcage and hips widen,' adds Zana. 'And your growing baby stretches your stomach muscles.' But do these gentle exercises every day and you will soon see some tone return. They'll take no more than 10 minutes and you'll have a tighter tummy in four weeks...

Slow Squats

'This is the most effective move to firm, tighten and tone your stomach,' says Zana. Stand with your feet hip-distance apart, knees slightly bent and hands on your hips. Slowly lower yourself down into an almostseated position for a few seconds, as though you're about to sit on an imaginary chair that's just behind you. Hold for a few seconds. Slowly return to the start position and repeat. Keep your feet flat on the floor, your shoulders back and your tummy tight at all times. For maximum effectiveness use your abdominal muscles to do as much of the work as possible, particularly as you move from the sitting position to upright. You should feel as if you are lifting your tummy up, rather than using your leg muscles to stand up. If you're a new mum only squat as low as you feel is easy. And only hold the squatting position for as long as is comfortable, which may only be a second. Start with just a few squats, and build up. If you're six months or more post-birth, go lower. The closer your bottom is to the floor, the harder your muscles will work. Once you've mastered it, hold a small weight in each hand (cans of baked beans are ideal). **Spend four minutes** doing slow squats: perform squats for one minute, rest for 30 seconds, do another minute of squats, rest for 30 seconds, then do a final minute of squats. Don't rush: fewer slow, careful squats using your abdominal muscles are more effective than lots of fast squats.

EASY TONING

The Stomach Retraction



'This yoga-based exercise is superb for flattening your stomach and cinching in your waist,' says Zana.

Stand with your feet hipdistance apart and your knees slightly bent. Place your hands on your hips and push your elbows forwards slightly. Take a deep breath, then exhale all the air from your lungs. Don't inhale until after you have completed the next move. Pull the part of your tummy just under your ribcage in. If you've got a toddler, then you will recognise this move as 'look, Mummy, I'm really thin!' Hold for as long as is comfortable for you, even if it's just a second or two, and then breathe normally.

For maximum effectiveness aim to produce a deep concave shape in your abdomen, right from your ribcage to your pelvis. Make sure you fully relax your muscles between retractions.

If you're a new mum, hold for just a split second. Start with just a few retractions and slowly build up to doing more over the next few weeks.

If you're six months or more post-birth really suck those muscles in. Do it fully and you'll feel a tightness in your throat. Spend two minutes doing stomach retractions. It's important that you get your breath back between each move, but reduce these rest periods as your muscles strengthen. Start with five to 10 retractions with long rest periods, gradually building up to 20.

The Pelvic Tilt

'The pelvic tilt is good for strengthening your lower stomach muscles,' says Zana.

Lie on the floor with your knees bent. Place your hands, palm down, flat on the floor either side of your hips. Think about, and tighten, your stomach muscles - take your time to tighten all the muscles in this area you can, including your pelvic floor. Using your abdominal muscles, tilt your pelvis upwards. You should feel as if you are tucking your bottom in and pushing it upwards. You don't need to lift it off the floor - simply tilting it will work the muscles sufficiently. Return to the start position and repeat. For maximum effectiveness

keep your chin lifted away from vour chest - check that you're looking up to the ceiling before starting each tilt.

If you're a new mum take it very slowly and rest in-between each tilt. Start with just a few tilts and build up gradually so as not to stress your body. Your stomach muscles are likely to be very weak, so be careful not to use vour lower back muscles instead. If vou're six months or more **post-birth** work those muscles a little harder by imagining you are pulling your belly button in towards your spine.

Once you've mastered the technique lift one heel off the floor as you do the pelvic tilt. Alternate heels with each tilt to work both sides of your body equally.

Spend four minutes doing pelvic tilts: perform tilts for one minute, rest for 30 seconds, do another minute of tilts, rest for 30 seconds, then do a final minute of tilts.

FAT RIGHT TOO

Avoid sugar. Yes you're shattered and need a biscuit for energy, but sugar converts straight to fat in your body and gets stored around vour stomach. Snack on nuts, oat cakes or fruit instead.

Cut back on coffee.

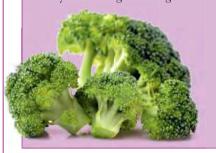
We know it's hard when you've been up most of the night but excess caffeine releases the stress hormone, cortisol, which increases fat storage around the stomach.

Take a fish-oil supplement.

Studies show it helps your body to burn more fat around your mid-section.

Eat plenty of lean protein such as grilled chicken and turkey. Protein takes far longer to digest than carbohydrate, so more calories are burnt during digestion and you will feel full for longer.

Increase your magnesium intake by eating nuts and dark, leafy greens such as broccoli and spinach. It helps keep blood sugar levels steady to curb sugar cravings.



If you've had a c-section, speak to your GP before exercising. Only do what is comfortable for you.



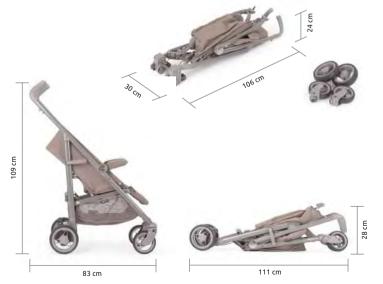
The brand new SPOT pushchair main features are:

- Lie-flat horizontal position suitable from birth;
- All-round suspension, adjustable on rear wheels;
- Compact 'umbrella folding';
- Unique locking mechanism for more rigidity;
- Patented folding mechanism prevents the risk of little fingers getting trapped;
- All-round detachable wheels with ball bearings;
- Easy lock swivel wheel system operated from one touch of a button without the need to touch the wheel.;
- Extra-padded seat with removable rigid bumper bar;
- Adjustable/removable hood with zip-off rear section that turns it into sun canopy;
- Folds with bumper-bar attached;
- Lightweight aluminium chassis;
- Clean look structure;
- Optional cup-holder that attaches to chassis is available.



to request a catalogue, please contact 01692 408801 or visit www.bebecar.co.uk (Part of the East Coast Group)











SK Mother & B

Our experts are here to answer your most important parenting questions

Mia Scotland is a clinical psychologist and doula (labour coach), supporting women to have the best birth they can.

Sarah Beeson MBE is a trained nurse and health visitor, and a grandma. Her first parenting book is published in May.

Catherine Lippe is a registered nutritionist specialising in paediatric and maternal nutrition for the whole family.

Claire Burgess is the Early Years Consultancy Manager at the prestigious childcare trainingprovider Norland College.

Dr Brian Kelly from the Royal College of **Paediatrics** and Child Health is a consultant paediatrician.

Dr Amanda Gummer is an expert in child development and runs the advice site fundamentally children.com.

I want my mum to come into the labour suite as well as my husband but he isn't keen. How can I persuade him?

GILL BENSON, LANCASHIRE

A: Your labour atmosphere needs to be as peaceful and stress-free as possible. For that to happen, any disagreements about what will happen on the day need to be resolved beforehand.

If you feel safe and have what you need, then chances are you'll birth better. But your partner needs to be calm too, so that his anxiety doesn't affect you and you can work together as a team. Think about why you want your mum there. A loving presence like a mother can give a woman a sense of strength and security. However it's not the best idea if your mum is particularly anxious or had a traumatic birth herself. Then ask your partner why he doesn't want her there. Perhaps he's worried it'll give him less of a part to play? Does he want your labour to be a private experience? Have

a conversation to show him how much it means to you, starting with what you feel. Say, 'I'd like my mother there because...'. Then acknowledge your partner's needs by saying, 'I understand you feel like this because...'. And finally, convey what you want from him: to work together and find a way your mum can be involved.

This is just a framework and what you say depends on how you are as a couple, but try to avoid being accusatory. And if you feel bitterness and too much frustration creeping in, take The Big time-out. It's important for this discussion to only involve the two of you. Even if there's no disagreement, it will ensure you're on the same page before approaching a third party.

> If he's still not keen, look for a compromise. I've known couples where the mother will wait outside the labour room, so the mum-to-be knows she's there but her partner still has some space. Or perhaps they can take shifts looking after you. Also, highlight that your mum could actually be a great support for him too.

Once you're in agreement, make sure you all know your individual roles. This sets boundaries and could reassure your partner if he knows he'll be the one to cut the umbilical cord or hold your baby after you. MS



M&B

THE EXPERTS PROBLEMS SOLVED

What should I dress my threemonth-old baby in for bed now that it gets cold during the night?

SUZIE PALMER, BY EMAIL

A: At this time of the year, a cotton vest and babygro is fine. Don't overdress him with a jumper, hat or anything covering his head. It's important that he doesn't become too warm, as he can't regulate his own temperature at such a young age.

A sheet and blanket should suffice. A duvet is too thick but you can use another blanket or fold one over for an extra layer if it's cold. The room temperature should be 18°C. If you find the room does get cold during the night you can buy nursery heaters with a thermostat that let you set a temperature, and cut out when this is reached. Use your common sense. If you feel the room is too hot or cold, chances are your baby will too.

There's no need to leave your heating on all night. Ensure your baby isn't by a direct heat source like a radiator or hot-water bottle, so his delicate skin does not get burnt. SB

It**±**so dark in the mornings that I struggle to get my 15-month-old up in time to get to nursery. What can I do to change this? CHLOE SMITH, BEDFORDSHIRE

A: It's important not to make a big deal of the situation because that will draw attention to the issue. Help him wake up gradually, even if that means getting up 10 minutes earlier yourself.

Put on his light or turn up the dimmer switch, then play some music or use a toy with sound. Gently fold back his bedclothes to let fresh air reach his skin. Use a verbal cue, like 'time to get up now' then leave him while you clean your teeth or get dressed. When you go back to pick him up, keep smiling and talking. SB

I breastfeed my baby before bed, but then she doesn't want to go in her cot. Help!

JENNY SHAW, MERSEYSIDE

A: If your baby's small, put a large muslin underneath her while you nurse,





then use it like a hammock to move her into her cot when you're done. Tuck it under her mattress, like a sheet, beneath her. Keep your hand on her for comfort, then move away, making southing sounds. An initial grump is normal but if that doesn't pass in a few minutes, re-settle her. SB

QUICK FIXES

Q: Is a cot bed too big for a newborn to sleep in?

A: Yes, so use a Moses basket or crib to ensure he cannot wriggle down under the covers.

Q: Can I leave a bottle in my 15-month-old's cot for her to drink during the night?

A: No, it's a choking hazard, and also the milk won't taste nice after sitting for hours.

Q: Should I use a bed guard when my toddler moves out of her cot?

A: A guard prevents a child from rolling out of the bed, but if your toddler's a climber it's perhaps safer to avoid in case she falls. SB

EATING

Which foods are good for boosting my baby's immune system during the winter?

JULIE STRAY, ESSEX

A: Give him a rainbow of fruit and vegetables for a range of vitamins and minerals. Seasonal options are swede, leeks, parsnips, cabbage and kale. Green leafy veg has iron and B vitamins, while orange-coloured foods, such as carrots, are high in vitamin A.

Iron deficiency can weaken immunity, so give him good sources, like red meat and chicken. Evidence links vitamin D to an improved immune system, so a daily supplement is recommended for under-fives. **CL**

Ive been told by my GP to stop giving my toddler fruit smoothies. I thought they were good for him?

CAROL-ANN HOPKINS, GWENT





A: I wouldn't recommend smoothies over milk or water. A smoothie is better than juice because it holds onto more pulp so has some fibre. But blending releases a lot of the natural sugar in the ingredients. This sugar is very concentrated, which can damage your child's tooth enamel and lead to decay. That's why it would never be preferable to the whole fruit or vegetable. If you are going to give them to your toddler, dilute them to reduce the sugar concentration. Go for one part smoothie to 10 parts water or milk. CL

My two-yearold only likes sandwiches and salads. Should he be eating hot food in the winter? SARAH GIBBS, BY EMAIL

A: It doesn't matter whether food is hot or cold as long as your toddler's getting a balance of the main food groups each day. Aim for:

Three portions of starchy carbs, like bread and potato, for energy. A portion is around a third of his plate.
Five fruit and veg portions from 12 months, with one being around the size of his palm.

- Three portions of dairy for calcium and a little protein, for example milk on cereal.
- Two or three portions of non-dairy protein, such as meat, fish and eggs.

Fussy eating is common between 18-36 months, but do keep trying to tempt him and one day he will surprise you. Start by incorporating a few hot elements into meals. **CL**

QUICK FIXES

- Q: My toddler wants ketchup on everything. Is this a bad thing?
- A: Ketchup is high in sugar and salt, so gradually reduce it or make one yourself by blending tomatoes, tomato purée, onion and celery.
- Q: Can I use cow's milk when cooking for my eight-month-old?

A: Yes. Full fat is fine from six months in cooking and on cereal but not as a drink until 12 months. This is because it doesn't provide the same complete balance of nutrients as breast or infant milk.

Q: Is my mum right to say I can give my three-year-old weak tea?
A: It's best not to. Tea contains tannins which can inhibit the iron absorption vital for development. CL

THE EXPERTS PROBLEMS SOLVED

My 14-month-old has been wheezing a lot. I think he has asthma but the GP says it is just a winter cold. What can I do?

SARAH DAVIS, BY EMAIL

A: Youngsters often catch a cold virus, complete with uncomfortable but generally harmless coughs and wheezes.

The age of two years is used as a starting point for formally diagnosing asthma. This is because young children often grow out of their symptoms. Also, a key part of an asthma diagnosis is that it responds to treatment, like inhalers. But little ones' bodies are too young to respond properly, so it's a hard condition to officially pinpoint.

If your child is generally feeling OK and isn't short of breath, the wheezing should improve. If other symptoms include lack of appetite and faster breathing, see your GP again so he can monitor the situation and suggest medication if necessary. BK

How can I stop my two-yearold getting worms? It's distressing for us both.

BETH LUCK. RENFREWSHIRE

A: Threadworm are parasites that live in the bowel and are often spotted in a child's poo. Their eggs are too small to see with the naked eve, but are spread through physical contact.

Hygiene is vital for prevention, so wash your hands and your toddler's too after the toilet or a nappy change. Keep nails short so eggs aren't caught. Be sure to clean surfaces, bedding and soft toys. Medication can be effective for the household to control an outbreak. Your GP can advise about this. Let him know if you're pregnant, as certain meds aren't suitable. BK

My nine-monthold's nose is rubbed raw from having a constant cold. How can I soothe it without stinging?

KITTY LOWTHER. BY EMAIL





A: You need to give the skin a chance to moisturise and heal itself. Create a protective barrier with a little petroleum jelly on the area. This can also be good on the space above his lip, which can get wet and sensitive from a runny nose.

It's difficult, but use play and distraction to discourage your baby from rubbing his nose and touching it too much.

When he's got a cold, don't wipe his nose too hard. Try gently dabbing instead, which should stop the skin drying out too much. BK

QUICK FIXES

Q: I've heard children can get chicken pox twice, is this true?

A: It's rare. If a baby has it early, his mother's immunity might have been passed onto him instead of him developing his own. Then he's less protected later.

Q: Is my GP right when she says cough medicine doesn't work for babies?

A: There's no strong evidence of their benefit. Some aren't recommended for children because of side effects, while other products soothe more than treat.

Q: How can I tell if my baby has a bout of diarrhoea?

A: Looser poo can be normal but get advice if it lasts beyond a few days, is watery or if your baby's unhappy or has a sore bottom. BK

BEHAVIOUR

Taking my 18-month-old daughter to nursery is a nightmare as she hates the cold. What can I do?

LUCIE BURROWS, BY FMAIL

A: It will help to give your daughter some notice before you go out so say something like: 'In a minute we're going to get ready'. Make it fun by creating games out of putting on your coats and hats. Say, 'Can you put your coat on by the time I count to five?' or 'Who will get their coat on first, you or Mummy?' If she has a teddy or doll, get a little hat for them too.

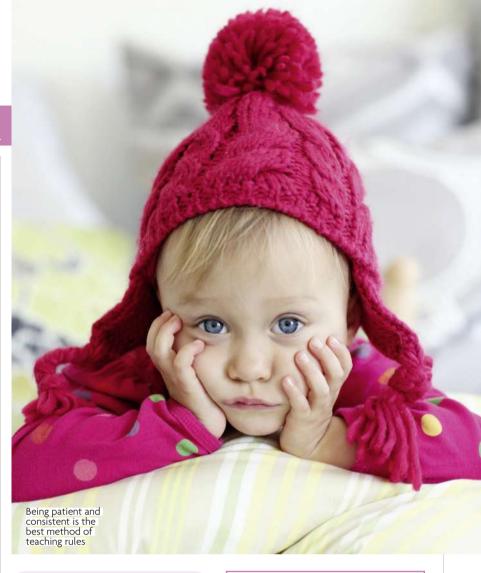
When you get outside, distract her from the cold by not talking about it, but instead focus on animals you can see in gardens, your breath in the air or frosty footprints. If she has a meltdown on the way, just keep talking and divert her attention. CB

My toddler has no sense of danger and will run into the road or bump off walls. *Is there something wrong* with her?

MARTHA RYAN, SHROPSHIRE

A: Not at all. Toddlers learn through experiences and are driven by exploration, so won't automatically think of consequences. Be clear about your behaviour expectations. For example, tell her she needs to hold your hand because of cars. Some parents also find reins helpful.

Be a positive role model too, by always using crossings and waiting for the green man. When she does do something risky, stay calm but firm. Be consistent so she starts to learn. CB



QUICK FIXES

Q: How can I stop my toddler fighting over toys at nursery?

A: Have playdates to encourage sharing and play turn-taking games to help her learn.

Q: Is it OK for my nearly threeyear-old to carry a teddy everywhere she goes?

A: Yes, it reassures youngsters through changes like starting nursery. If there isn't a change, teddy could start separate activities, like reading on the sofa during dinner.

Q: My baby hates the bath and screams every night. What can I do to help her enjoy it?

A: Stay calm and only bath her on alternate nights for a break. Familiar toys can help. CB

MOTHER & BABY

WELLBABY DROPS



Vitabiotics Wellbaby® Drops is ideal for babies from four to 12 months and provides a safe and balanced

comprehensive range of 16 nutrients, including iron which contributes to your child's normal cognitive development. Wellbaby® Drops has been produced with a baby's special needs in mind and to offer a carefully formulated nutritional safeguard during a time when babies have a high nutrient requirement in relation to body size. RRP £5.45, available from Boots, independent pharmacies, health stores and at vitabiotics.com.

THE EXPERTS PROBLEMS SOLVED



How can I get my 18-month-old to practise walking rather than choose to sit in her buggy in bad weather? **JULES GUTHRIE. BY EMAIL**

A: The age children start walking varies hugely. Some do it as early as nine months while others won't do it until they're two years old.

Development doesn't move in a straight line. It can sometimes literally be two steps forward and one step back. So there's no need to worry about some regression in your little one's walking. And while a large regression is more unusual, setbacks can happen if perhaps your child is poorly or there's a baby sibling she sees being carried or pushed around.

Make a point of not taking the

pushchair every time you go out. If it's there, she'll just want to go in it. Allow yourself time to wrap her up for the weather so you're not rushed and she can go at her own pace.

Keep up the positive reinforcement but don't put pressure on her to walk. Talk about the shops or park you're going to and what you can see while you're outside. Be realistic. If it's cold, you could always start with a simple 10-minute trip and increase the time as she gets used to it. AJ

My eight-week-old baby hates tummy time. Am I trying to do this too early?

ROSIE LOWE, SURREY

A: Tummy time is about strengthening your baby's neck muscles. You can start this from day one, although some

little ones take to it more than others.

Play mats with mirrors that your baby can see himself moving in are good for stimulating him to move his head. Once he can support his own head, pop a small rolled towel under his chest to give his arms more freedom to move. If he's not keen on either of these, there are other ways to help his neck develop. He could lie on you, whether you're horizontal or vertical, and still have the chance to lift his head and look around. AJ

Should my three-year-old be learning phonics? She loves reading.

IO BENNETT, PERTHSHIRE

A: Phonics is a really effective and simple way of teaching, where you're connecting letters with a sound - 'a' for apple, 'b' for ball.

There's no harm in starting your three-year-old on phonics if she's curious. Be guided by her and how much she seems to understand.

Alphabet jigsaws are a good tool and there are books designed to help. I also like benandbetty.co.uk as it supports basic educational skills through play.

Perhaps even find out how the school she'll go to teaches reading so vou don't confuse her. Don't stress about it, though. Her interest levels will tell you when she's ready to progress. AJ

WANT HELP?

Ask our experts!

If you have a problem that you are struggling to solve, contact us at ask@motherandbaby.co.uk. We have experienced doctors, midwives, health visitors and parenting specialists on hand to answer the trickiest of questions. Only published questions will be answered.



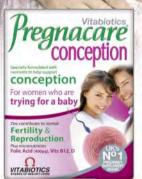
When it comes to your baby only the No.1 for pregnancy will do

Helping to make healthy mums and babies over the last **25 years**, *Pregnacare*® has always contained the recommended level of folic acid† and is supported by **unique clinical research** with mums-to-be¹,². In fact, it's the pregnancy multi-vitamin brand that **UK midwives recommend most**††. **Trust Pregnacare® for the most important time of your life.**



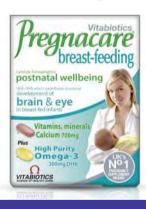
Most recommended by midwives^{††} & most trusted by mums











CONCEPTION

PREGNANCY

NEW MUM

Pregnacare® Conception
Carefully balanced formulation of vitamins and nutrients, including 400mcg folic acid; the exact level recommended for all women who are trying to conceive.

Pregnacare® Original
19 vitamins and minerals,
including 400mcg folic acid and
10mcg vitamin D3, the exact
levels recommended by the
Department of Health.

Pregnacare® Plus
Dual pack of Pregnacare® Original
plus Omega-3 capsules with
300mg DHA which contributes
to normal foetal brain and
eye development.*

Pregnacare® Breast-feeding Includes the recommended levels of 10mcg vitamin D3 and 300mg DHA; the level recommended for mums during lactation.³

From Superdrug,
Superdrug,
Holland & Barrett,
supermarkets,
chemists, health stores
& www.pregnacare.com





FOR INNOVATION IN DEVELOPMENT & RESEARCH OF THE PREGNACARE® RANGE.





†Folic acid contributes to maternal tissue growth during pregnancy. Pregnacare® has always contained 400mcg folic acid, the level recommended for all women from the start of trying to conceive until the 12th week of pregnancy. ††Based on a survey of 1000 midwives. For more information on this research, please visit www.pregnacare.com/mostrecommended ¹Agrawal, R. et al. Prospective randomised trial of multiple micronutrients in women undergoing ovulation induction, Reproductive BioMedicine Online December 2011. ¹L Brough et al. Effect of multiple-micronutrient supplementation on maternal nutrient status, infant his with weight and gestational age at birth in a low-income, multi-ethnic population. British Journal of Nutrition (2010), 104, 437-445. ¹Journal of the American College of Nutrition, Vol. 18, No.5, 487-489 (1999). *A beneficial effect can be obtained from a daily intake of 200mg DHA in addition to the recommended daily intake of 250mg DHA / EPA for adults — Annex of Commission Regulations (EU) No. 440/2011. ‡(IRI value data. 52 w/e 22 Feb, 14).

Thank you, mums!

You've voted Tesco Supermarket of the Year for the 5th year running!

TESCO











Stay Dry In Style

IT'S A FACT THAT IN BRITAIN it rains for over 100 days a year, which gives us the perfect excuse to buy stylish, puddle-proof rainwear for all the family. Joules have put together a brilliant new collection aptly named 'Right as Rain'. It features outerwear and accessories which are fashionable but also practical, whatever the weather. There are cool, bright takes on classic coats for you, and fun prints that your little one will love.



happy skin means happy kids (and parents too)

NO parabens, SLSs mineral oils or artificial colours









SUITABLE FOR ECZEMA

PRONE SKIN

At award-winning Childs Farm we use naturally derived 'free-from' ingredients to produce mild, kind & delicious smelling toiletries for newborns and upwards. Suitable for all skin types - even sensitive and eczema prone skin.



John Lewis

Waitrose



www.childsfarm.com



What You'll Wear EVERY DAY

We've scoured the shops to find your new favourite clothes, from the right bra to the jeans you'll grab first from the ironing pile



STRETCH SKIRT

Works with everything from a layered combo to an oversized sweatshirt for a relaxed look and feel



MATERNITY JEANS

Find the most comfortable for you and buy three pairs



From left: Dark skinny elastic panel jeans, £16, asda.com/george Black faded elastic insert, £49.95, gap.co.uk Blue Leigh jeans, £38, topshop.com Blue faded turned-up jeans, £28, next.co.uk

Dresses that are comfortable, classy, and affordable



Teal dress, £22. dorothyperkins.com

Black wrap dress, £12, asda.com/george



Textured bodycon dress, £40, asos.com

Cream shift dress, £48, topshop.com

EVERYDAY TEE

If it's long enough, it doesn't have to be maternity – just buy a bigger size









If You're A New Mum...

These mix-and-match styles will cope with the rigours of day-to-day life



Worn alone or layered over a vest and under a blazer, the checked shirt is a wardrobe winner

From left: Black and white, £18, boohoo.com Red and black maternity, £25, asos.com Black and pink, £20, dorothyperkins.com Red and white, £15, boohoo.com Navy and red, £38, oasis-stores.com Navy and pink, £29, mandco.com

EASY JEANS

Boyfriend, girlfriend, ankle-length or mum-style, choose distressed to stay on-trend



From left: Bling waistband ripped jeans, £29, very.co.uk Ripped boyfriend jeans, £37, littlewoods. com Black ripped Hayden jeans, £42, topshop.com Ankle-length ripped jeans, £24.99, newlook.com

STYLISH SNEAKERS

Stay comfortable while you're wrestling with that pushchair...

Pink metallic trainers, £35,



Monochrome skaters, £14.99, **newlook.com**



Navy leather, £54.99, Superga at office.co.uk



Pink suede skaters, £40, clarks.co.uk



BABY CHANGING BAG

Choose one you love – you'll be lugging it around for at least two years!









From left: Noa changing bag, £75, storksak.com Black Bea changing bag, £89, seraphine.com Silver tote, £45, riverisland.com Print Skip Hop bag, £65, maguari.com

WARDROBE STAPLES

STRIPEY TEE

Cool stripe tees will never be out of fashion



Daisy detail, £25, **H! by Henry Holland at debenhams.com**

Red stripe tee, £42, petit-bateau.co.uk

Great with skinny jeans and flat ballet shoes or brogues!

White and navy stripe tee, £22, **topshop.com**

SLOUCHY SWEATER

Cotton or knit, a chic sweater or sweatshirt will see you through the year



veatshirt, £24.9 gap.co.uk



V-neck jumper, £19.90,

uniqlo.com

Ribbed V-sweater, £38, topshop.com







DOLLY Salon visits are not always a priority for busy mums, so here's how to get the same results in vour own bathroom

Stretch the time between haircuts by trimming your own fringe. Marc Trinder, art team director at Charles Worthington, explains how to keep it in shape:

BUY DECENT SCISSORS Invest in a pair of hairdressing scissors and a pair of thinning scissors.

NEVER TRIM WET HAIR Hair shrinks as it dries and it will end up short. **SECTION YOUR HAIR Split your** fringe into two horizontal sections. Cut the underneath section first. followed by the top section. **BE CAUTIOUS** Always keep more length than you think.

SOFTEN THE FRINGE Use a pair of thinning scissors to soften your fringe. Then, starting in the centre of your fringe and working outwards, chip into the hair with the hairdressing scissors.

KEEP THE SIDES LONGER

This frames your face.

OWN UP IF YOU MAKE A MISTAKE

Try softening the mistake with thinning scissors but, if in doubt, go to the salon for expert help. **ONLY TRIM ONCE Trimming your**

own fringe more than once between appointments will start to change the shape of your cut.

DON'T TRIM TRICKY HAIR

the same results in your own bathroom

Leave unruly or very straight Asian hair to the stylist, as these types of hair show up every little mistake.



£4.49, superdrug.com Boots Salon Performance Thinning Shears, £8.29, boots.com

SHAPE YOUR EYEBRO

As a mum, a well-groomed pair of eyebrows that open up tired eyes make all the difference to your look. Founder of Mayfair's Nails And Brows, Sherrille Riley explains how to get the best results:

SEE A PROFESSIONAL FIRST Find the time to visit a salon for an expert to establish a well-shaped brow. With a clear guide in place, it will be obvious which re-growing hairs need to be removed every two weeks.

BUY A BROW BRUSH Use it to brush your brows upwards first. An old toothbrush will do the job too.

SKETCH THE SHAPE FIRST It's easy to over-tweeze and difficult to know when to stop. Use a brow pencil to draw on

the shape you want before you even think about picking up your tweezers. **DULL THE PAIN** Before you begin, press a warm face flannel onto your skin. This softens and opens hair follicles, making it easier to tweeze the hairs out.

TWEEZE RESPONSIBLY Tweeze away the excess hairs outside of the shape you've drawn in. Only remove minimal

hairs from the top of your brows. If any are too long and unruly, it's better to trim them with a pair of scissors. **GET RID OF THE**

GREY If you have

greying brows, apply your regular hair dye to them whenever you colour your hair. Leave on for no longer than 7–10 minutes and be careful to only cover the hairs and not the skin.

Tweezerman Slant Tweezers, £20.95, feelunique.com Damon Roberts Brow Pencil. £18, nailsandbrows.me Revlon Double Ended Brow Brush, £5.99, superdrug.com



Is skipping off to the salon for a whole morning to have your roots done a major luxury – or impossibility – these days? Estelle Baumhauer, colour director for online colour service esalon.com, gives her top tips for professional at-home results: DON'T BE TOO BRAVE Select a colour that complements your natural complexion. As a general rule, don't choose a colour that is more than two shades lighter than your current tone. If your hair is already coloured, only go one shade lighter.

READ THE INSTRUCTIONS Regardless of what brand or type of colour you are applying, it's important to read the instructions carefully to avoid overprocessing your hair.

PREPARE YOUR HAIR Two days before you colour, shampoo your hair and use a deep conditioning treatment. Don't shampoo immediately before you colour as this strips some of the scalp's naturally protective oils, which can leave it more sensitive and prone to irritation.

FOCUS ON ROOTS If you are simply touching up your roots, focus on the



new growth area. Be careful not to overlap colour on hair that has been previously coloured, as this can lead to a dull, dark finish. Then follow with a professional technique called an emulsion to ensure even, harmonious colour from root to tip. To do this, once the colour has processed on your roots, quickly work any leftover colour through the entire length of your hair, then rinse thoroughly.

WATCH THE CLOCK Don't leave your colour on for longer than is specified in the instructions in the hope that it will increase coverage - it won't. Instead, it will give a darker-than-desired result.

At-home waxing will save you serious cash and precious minutes not having to shave in the shower. Parissa waxing expert Alley Laundry advises how to get a smooth, pain-free finish: **USE THE RIGHT WAX If you have** coarse hair or are waxing small, delicate areas, choose hot wax. It can take a little practice to get the consistency, application and removal of hot wax right, so be patient. Aim for a paper-thin layer. If you have sensitive skin, or you've never tried waxing before, use cold wax. It's gentle and washes off if you make a mistake. **FOLLOW THE TWO-WEEK RULE Hair**

should be a minimum of $\frac{1}{2}$ cm long

before waxing. Generally, this means letting your hair grow for two weeks before waxing.

TAKE PAINKILLERS Taken 30-60 minutes before waxing, Ibuprofen can help relieve pain and swelling. **PRACTISE ON YOUR LEGS Hone** your technique before you tackle more sensitive areas.

KEEP SKIN TAUT Stretch your skin in the opposite direction to the direction you pull the fabric strip off. For best results, you need to be brave – pull the strip off quickly. **APPLY PRESSURE Immediately press** the just-waxed area with your hand or a cool cloth to soothe it.







Trust *Pregnacare*® for the most important time of your life?

The postnatal and breast-feeding period is a time when you are adjusting to the demands of becoming a new mum and providing the very best care for your newborn baby. With a new member of the family, and the inevitable tiredness and fatigue¹, it's also a time when you must not forget to look after yourself. Trust Pregnacare's specially formulated range to help safeguard your diet at this especially important time.

Pregnacare

Most <u>recommended</u> by midwives² & most trusted by mums³





CONCEPTION

PREGNANCY

NEW MUM

SPECIALLY FOR YOUR NEW ARRIVAL

WellKid® Baby Drops and Wellkid® Baby & Infant Liquid provides careful nutritional support for babies or young children.



Pregnacare® Breast-feedina

The first ever breast-feeding specific supplement with the recommended 10mcg vitamin D⁴, plus 700mg calcium. With a separate capsule providing 300mg DHA which contributes to normal brain and eye developmentin breast-fed infants.⁵

Pregnacare® New Mum

Carefully balanced to help support the nutritional requirements of new mothers. With iron which contributes to a **reduction of tiredness and fatigue** and biotin which contributes to the maintenance of normal **skin** and **hair**.











Beauty For Busy Mums

Only got five minutes to get ready? You can still look great with these fast fixes



motherandbaby.co.uk | February 2015 | 97



Baby Slings Which style will suit you and your baby best?

A BABY SLING enables you to carry your baby but keeps your hands free. It's useful not just for walks and shopping trips, but also at home when your baby is cranky and you need to get some chores done. Baby slings generally sit your baby upright in various positions: at your front facing inwards or facing outwards, straddling your hip or on your back. Many can be adapted to offer multiple positions, some that enable breastfeeding. When choosing which sling to buy, do consider how long you plan to use it as some are designed to carry toddlers too. A more expensive sling that you will still be using in a year or two may offer better value than a cheaper sling that is only suitable for newborns. To try a sling and check it's comfortable before you buy, visit a Sling Library (ukslinglibraries.wordpress.com).



REVIEWED BY HEIDI SCRIMGEOUR. 38, FROM CO ANTRIM,

AND ALBA, 13 MONTHS.



BEST FOR A LOW BUDGET

'An unbeatable price but only suitable from birth until nine months. You can wear it in two positions, facing you from birth, then forward-facing from four months. It comes with a dribble bib to protect your clothes when your baby is facing you. The waist and leg areas are adjustable and it offers good head support."

ノレノレノ Chicco Go Baby Carrier, £24.99, chicco.co.uk



BEST FOR LONG WALKS

'This rucksack-like design feels secure and comfy, even on long walks. It has an ergonomic seat and adjustable headrest. There are four carrying positions: facing you, facing outwards, on your hip or on your back. You can use it from 7lbs to 35lbs (the weight of an average 31/2-year-old), so it's good value for money. VVVV

Beco Gemini Baby Carrier, £99, slumber-roo.co.uk



BEST FOR BREASTFEEDING

'You can wear this hammock-style sling in five positions and it's suitable from birth to two years of age. It's ideal for newborns, with clear instructions on how to position your baby for breastfeeding in the sling. Because the weight is mainly distributed over one shoulder, carrying an older toddler is harder. **VVVVV**

The BabaSling Baby Carrier, £44.99, thebabasling.com



BEST FOR HOUSEWORK

'This cotton carrier is comfy enough to leave on even when you're not carrying your baby, so it's easy to pop her in and out when getting chores done at home. The baby's weight is distributed evenly and it feels very secure. It's the easiest of all the slings to adjust, even with a baby in. It fits from birth to 32lbs (an average 3-year-old). VVVVV

Close Caboo Carrier, £59.99, closeparent.com



BEST FOR LONG-TERM USE

'Suitable from birth to 45lbs (an average 5-year-old). Your baby can sit front-facing, on your back and on your hip. It's expensive but seems indestructible. The structure means your baby is positioned to support hip, pelvis and spinal development. Very comfortable to wear, and it feels safe and secure. Stylish too.'

VVVVV **ErgoBaby Original** Baby Carrier, £94.90, ergobaby.co.uk



BEST ALL-ROUNDER

'A padded waistband transfers your baby's weight off your shoulders and back and onto your hips – far better. It offers three carrying positions. Both Alba and I loved it!' ノノノノノ

Papoozle Baby Carrier, £49.99, papoozle.com

VVVVV GREAT | VVVVV GOOD | VVVVV FAIR | VVVVV COULD DO BETTER | VVVVV AVOID



BOTTOMS UP!

Aldi's new Mamia Toddler Toilet Wipes will make potty training that bit easier. Keep a pack in your bag to avoid using less-than-soft loo-roll on delicate bottoms when vou're out and about. Available in fragranced and fragrance-free. 65p for 60, aldi.co.uk.





SQUEAKY CLEAN

Childs Farm products are dermatologically tested and a good choice if your child has sensitive skin. They're also safe for newborns. Hair & Body Wash, Hand & Body Lotion. Bubble Bath. £3.99 each, waitrose.com.

TA SEASHELLS WITH MON AND BROCCOLI

Supermarket Buys

Products worth adding to your shopping list



MONKEY BUSINESS

bright animal-themed tabletop sets and cutlery from Marks & Spencer. We love that cheeky monkey! Matching bibs are also available. Skip Hop fork and spoon set, £7, plate and bowl set, £14, both marksandspencer.com.

EAT SMART

Great news if you want to keep your child's meals super-healthy. The Little is made from 100% and provides one of

your little one's five-a-day,

SNACK STOP

Designed to be eaten on the move, these Milbona Fruit King Pouches of fromage frais from Lidl are a mess-free treat for toddlers, 99p for four, lidl.co.uk.



THE BIG TEST

Group 1 Car Seats

Once your baby reaches 9kg, at around 12 months old, she's ready to move into a bigger car seat. Here's how to choose the right one

THE BASICS: WHAT YOU NEED TO KNOV

WHEN DO I NEED A GROUP 1 SEAT?

When your child reaches a weight of 9kg – typically around 12 months – she may move from a first-stage baby seat (Group 0) to a Group 1 seat. If your baby is in a Group 0+ seat, which has a weight limit of 13kg, you can wait a little longer. A Group 1 car seat can be used until your child weighs 18kg a typical weight for a four-year-old. Once your child reaches four she will move to a Junior Group car seat.

HOW IS THE SEAT FIXED TO THE CAR?

A Group 1 seat will be secured to your car in one of two ways. The traditional method uses the car's seat belt, which threads round the child's seat and clips into the seat-belt buckle. The second is for newer cars featuring the ISOFIX system, in which a metal bar or brackets are found in the car's rear backrest. Car seats with ISOFIX feature arms that connect directly to these brackets. ISOFIX offers a firmer attachment between car and child seat and makes fitting easier. On some models the arms can be retracted into the seat unit. This means they are also compatible with cars without ISOFIX, which is essential if you want to use the car seat on both an older and a newer vehicle. You will find information on car-compatibility on the child-seat manufacturer's website.

HOW IS MY CHILD SECURED?

The standard fitting for a Group 1 car seat is a five-point harness. Your child's arms pass through two loops so the straps run down from her shoulders and connect to a buckle between her legs.

An alternative fitting is an impact cushion. This is a bolster that sits across



the child's body and is secured using the seat belt. These only feature in ISOFIX car seats and are designed to reduce the force of a front-on collision.

ARE ALL SEATS FORWARD FACING?

Under UK law, you can seat your child in a position facing forwards on the car's rear seats from when she reaches a weight of 9kg. However, European safety regulations launched in July 2013 (called iSize or UN R129) recommend a child stays rear-facing until she's aged four. This means that iSize seats offer a choice of facing backwards or forwards. A child in a rear-facing position is at less risk than one facing forward during a frontal collision, as her neck is subjected to significantly less force. The iSize rules run alongside the existing standard, but will replace it at some point in the future.

WHAT ARE THE LEGAL REOUIREMENTS?

Children must sit in an appropriate car restraint until they're either 135cm tall or 12 years of age. When travelling in the UK your seat must comply with European safety standards – check the label for ECE Regulation 44.03 or 44.04. Never buy a used seat. It may have been in an impact, so its safety could be compromised. Ask your retailer to confirm if a seat is suitable for your vehicle. Or search for a 'fit finder' on the manufacturer's website.

THIS MONTH'S TESTERS



NADINE-IOHANNA STEWART, LONDON

Mum to Max, 13 months.

'Safety is the most important car-seat feature for me, but I also require one that will comfortably fit Max until he is ready for a Group 2 seat, at around four years old, and remain safe throughout that time."



RABAB KANE, CO. ANTRIM

Mum to Patrice, 9, Alesha, 6, Matthew, 5, and Sophia, 23/4. 'I need something that will prevent Sophia escaping from her seat and keep her safe and secure. In her current seat, she wriggles her arms free of the straps, however tightly I adjust them."



DORIAN SPACKMAN, CORNWALL

Dad to Max. 23 months.

'We need a seat that enables Max to see out of the window without compromising safety. It must also be durable, washable, spaceeconomical and light and easy enough to move between vehicles."

MACHINE-WASHABLE COVER

An easy-to-clean cover is an absolute must as your toddler will be using this seat during potty training. You'll want to be able to whip off the cover quickly for washing in the case of any nappy leaks or food spillages.

INFANT CUSHION

Some models feature a smaller, removable cushion that will make the seat more supportive for the youngest users. This is particularly important if you are using an iSize model, as your baby will be in it from a younger age.

Small brackets which keep harness straps out of the way while you put your toddler into the seat are included on some models. They mean you don't have to reach behind your child's back for the straps.

S COMMICON

Unlike Group 0 or 0+ seats, Group 1 models aren't especially portable. They can't be used on a pushchair as a travel system or as an infant carrier. Some models feature a handle on the backrest – handy if you switch the seat between cars.

SIDE WINGS

Deep side wings will provide higher levels of side impact protection in the critical head and neck area in the event of a collision. They will also prevent sleepy heads from lolling about during naps.

AFE INSTALLATION INDICATOR

This is a visual guide to confirm that the seat has been installed into the car safely. Check whether it is easy to see in the dark. If there is an ISOFIX base you may be alerted by lights and sound if the seat has not fixed properly into the base.

TOP TETHER

The more recent ISOFIX models have a third attachment found at the top rear of the seat. This tether strap hooks to an anchorage point on the vehicle - you should be able to see this in the car's boot. The additional tether is intended to limit movement of the seat in a collision.

RECLINE FUNCTION

One or more recline positions will maximise comfort for naps, especially on longer journeys. Some models only recline when your child is out of the seat so can be tricky to adjust if she unexpectedly nods off. Younger children are more likely to nap so look for a seat with several recline positions.



Cybex Gold Juno 2-Fix

PRICE £185 **WEIGHT 7KG** CYBEX-ONLINE.COM

WE SAY: A forward-facing seat with a recline function and eight different settings on the height-adjustable headrest. The seat comes with a safety impact cushion to help reduce the risk of neck injuries, while protective side cushions help minimise the force of a side-impact collision.

The covers are machine-washable, and a summer cover with breathable fabric is also available. A particularly useful feature is that this seat's connectors snap easily into a vehicle's ISOFIX anchorage points, but can also be stowed away within the seat. This makes it compatible with cars without ISOFIX, and handy for switching between vehicles too.

NADINE-JOHANNA: Safe, lightweight, very easy to install with ISOFIX or seat belts. Great design and easy to use. Some children might feel restricted by the impact cushion. VVVVV

RABAB: I love the additional abdominal protection but this seat was quite a tight squeeze for Sophia – I think it's better suited to children under two. ノノノノノ

DORIAN: We didn't like the part across the child's tummy as it's too restrictive. It's quite an expensive seat but we found it incredibly difficult to install as the instructions baffled us! VVVV



Mothercare Sport

PRICE £99.99 WEIGHT 6.8KG MOTHERCARE.COM

WE SAY: This non-ISOFIX car seat is secured using the vehicle's seat belts so it's suited to older cars without ISOFIX. Lightweight and forwardfacing, it has five different seat recline positions and an integral five-point harness with a handy one-pull adjustor, plus deep, wide wings for side impact protection.

The body support cushion provides extra security for younger children, while the head cushion and chest and buckle pads offer added comfort. One thing to bear in mind, though, is that if you replace your car with a newer model before your child outgrows this seat, you will probably need to replace the seat too.

NADINE-JOHANNA: I found the straps very difficult to adjust, so I would only use this as a spare seat, perhaps for a relative's vehicle for very occasional use. ノノノノノ

RABAB: We found the straps impossible to adjust to make this a comfortable seat for Sophia. Because of this, I would not recommend this seat for her age group. VVVV

DORIAN: A good budget seat, very reasonably priced but no ISOFIX means swapping it between cars is a hassle. However, at this price that seems acceptable. VVVVV



Chicco Oasys 1

PRICE £269.99 **WEIGHT 14KG** CHICCO.CO.UK

WE SAY: With ISOFIX fittings and a top tether for added security, this car seat also has a 'double-check' fitting system to ensure correct, safe installation. The seat is deep with high sides, and the seat structure, fabrics and padding are perforated for breathability, so your child shouldn't get hot and sweatv.

The handy front recline button has five different settings, which is ideal if your child regularly nods off in the car. Both the headrest and harness can also be adjusted by button. It's easy to install by following the seat label instructions but at 14kg it is double the weight of other models we tested, so not good for switching between cars.

NADINE-JOHANNA: Very sturdy, with a deep, comfortable seat and wellpadded straps. Great quality. Height is easily adjusted, but I found it difficult to install – it took two adults. VVVVV

RABAB: The only car seat straps that Sophia can't undo! Super head support and lovely material. My favourite, but I found the strap anchor to be rather tricky to fit. VVVVV

DORIAN: Pricy, but a cut above the others. Easy install, high quality, plus an adjustable back and headrest - although this slightly obscures rear mirror view. Plenty of room for growth.



Cosatto Moova

PRICE £120 **WEIGHT 5KG** COSATTO.COM

WE SAY: With a higher sitting position than many Group 1 seats, this forward-facing seat affords occupants a good view and so may help to alleviate travel sickness symptoms. It is also the lightest seat we tested, so great for moving between vehicles.

It is secured using a standard threepoint seat belt, so it does not feature ISOFIX, and has a five-point safety harness with quick-release buckle. With a three position recline, the padded armrests and reversible seatliner offer added comfort. Tummy and chest pads are included for additional protection, plus it comes with a fouryear guarantee. The most obvious selling point is the eye-catching design.

NADINE: This seat is light and easy to install, and its colour scheme is appealing to kids. Straps are well padded and easy to adjust. It's also slim enough to fit beside two other seats. VVVVV

RABAB: Very upright and a snug fit for Sophia. I couldn't tighten the straps enough to keep her arms in. In my opinion it wouldn't last until she's four years old. VVVVV

DORIAN: Clear instructions, bright design - a big hit with Max - easy to install and a comfortable ride. Straps slightly fiddly and seat rather upright. Great budget choice. VVVVV



Britax King II LS

PRICE £165 WEIGHT 10.3KG KIDDICARE.COM

WE SAY: This non-ISOFIX car seat features an innovative light and sound harness indicator to signal when you've reached the correct harness tension for optimum safety. The five-point safety harness can be tightened with one-pull adjustment. The seat is fixed in place using your vehicle's seat belt and is easy to secure, thanks to the fact that you can tip the whole seat forward while you feed the seat belt correctly into place. Performance chest pads and deep, padded side wings offer added comfort and security.

In our view, this is a robust and sturdy option for vehicles without ISOFIX connections.

NADINE: Very easy to install and adjust. No ISOFIX, so secured via seat belt but feels sturdy and secure. Very heavy, so not ideal to swap between cars. **VVVVV**

RABAB: Very heavy. Although the light and sound indicator confirmed secure attachment, Sophia still wriggled her arms free. Great head support. Very easy to install. Lovely fabric. VVVVV

DORIAN: This seat is well built, solid and easy to use, but I think that the design is pretty dull and old-fashioned. Max found the seat to be hard and not well padded. VVVVV



Maxi-Cosi 2Way Pearl

PRICE £200 (BASE IS EXTRA) **WEIGHT 7KG** MAXI-COSI.CO.UK

WE SAY: This is the first car seat in Europe to comply with the new iSize regulations. It allows children to remain rear-facing until four years of age, although the seat can also be positioned to face forwards from 15 months.

It can only be secured with the ISOFIX 2wayFix base (an extra f, 175), which features a light and sound indicator to confirm that the seat is correctly installed. Four recline settings make it ideal for naptime and the headrest is easily adjusted. Unlike standard Group 1 seats, this is suitable from six months old, or 67cm (iSize rules are based on length, not weight).

NADINE-JOHANNA: Very easy to install, and I like that it was rearward as well as forward facing. Comfortable, and great quality, but takes up lots of space in the car. VVVVV

RABAB: The safety indicator is an excellent feature but the base's support leg restricts access for other passengers, which I found a real drawback with four children in the vehicle.

DORIAN: The perfect mix of value for money, design and practicality. Tricky to install but easy to adjust, with good visibility. Max and I loved it!

THE BIG TEST

What To Buy Next...

M&B's pick of cool and useful stuff to make the most of your car seat

OXO TOT FLIPPY SNACK CUP

The twist-on lid stays attached if the cup is thrown or dropped, while the soft-opening flaps keep spills to a minimum but provide easy access for little fingers. £6, oxo.com



THE VERY HUNGRY CATERPILLAR NECK SUPPORT **PILLOW**

Prevents your little one's head lolling forward during a snooze. £17.99, amazon.com



TRUNKI SNOOZIHEDZ TRAVEL PILLOW AND BLANKET

An inflatable pillow and fleece blanket that connect together, ensuring that both items stay put instead of sliding off into the footwell of the car. Suitable for children aged two years and older, £19.99, trunki.co.uk



BACK SEAT ORGANISER

A handy way of keeping on-the-go essentials in one tidy place and within easy reach of your child. It attaches to the back of the front seat, and transfers easily to the back of a pushchair. £9.99, lindam.com



If your child's in a rear-facing car seat, this lets them see their reflection, as well as enabling you to keep an eye on them using your vehicle's rear-view mirror. Fits most headrests. £16.99, tomy.com



Keeps kids cosy when in the car past bedtime. A five-point seat harness can be secured through the zip opening, while a Velcro fastening closes it for home use. 25.99, gro-store.co.uk



A liner to keep nappy leaks, drink spillages and toilet training accidents contained. It also stops crumbs from getting trapped in the seat. Suitable for all car seats, it is machine washable. £15, halfords.com



With wraparound handles that make it easy to hold and a leak-proof lid, this will keep spillages at bay when you're on the move. £3.99. brothermax.com



BIG BRANDS

small prices





100g

Caspian Stroller



64 pack







गितवाद्ध



64 pack



39 pack

37 pack



Visit our baby & toddler event in store 15th January - 19th January!



GET THEM NOW



TRUNKI TODDLEPACK

These fun toddler reins are easily fitted and adjusted. Available in seven animal designs, they can be used to support first steps too.
£17.99, trunki.co.uk



CLEVERSTIX TRAINING CHOPSTICKS

Make eating fun!
Research has shown
that using training
chopsticks can enhance
child development,
helping concentration,
developing handwriting
grip and improving
motor skills.
£7.50, science

£7.50, science museumshop.co.uk



ROCKABILLY KIDS TOOTHBRUSH

Impossible to topple over, Rockabilly's design keeps the toothbrush head away from bathroom germs. Adds a welcome element of fun to teeth-cleaning too!



ANNABEL KARMEL BY NUK MASHER AND BOWL

Make feeding a doddle with this easy-to-use and quick-to-clean set. Ideal for weaning, it's a handy size for travel too.

£4.59, johnlewis.com



CHICCO ACTIVITY STATION 1, 2, 3

Transforming from a baby walker to a push-along, this activity station grows with your child.

Suitable from six months to three years.

£79.99, chicco.co.uk



BODYCLOCK ELLE 3-IN-1 TENS+

A TENS machine that lasts beyond labour. It has three settings: one for pain relief during childbirth, one for pain control afterwards, and a mode for toning your pelvic floor.

£99.95, johnlewis.com



That's Clever!

The latest gadgets to make your life as a mum easier



MIRACLE 360 TRAINER CUP

100% spillproof and 100% leakproof, this is a great trainer cup. The clever 360-degree design allows little ones to drink anywhere around the rim with no mess.

£4.99. munchkin.com



PRINCE LIONHEART WASHPOD

The most stylish baby bath we've seen, the Washpod allows baby to securely bathe in the foetal position, easing her transition from womb to world.

£19.95, johnlewis.com



BABYMOOV COSYMAT

For babies with reflux or winter snuffles, the cosymat creates the perfect incline to aid breathing and digestion for a better night's sleep.

£19.99, babymoov.co.uk



Available from - Babies R Us, Argos, JoJo Maman Bebe, Kiddicare, Boots.com & Shop Direct



- you're creating a new life and will soon become a mum. However, it can also be a stressful time. From the nausea, swollen ankles and mood swings, to 'mummy mind', anxiety about the birth and how your life will change it's easy for things to get on top of you.

That's why it's so important to find time to relax and to create that serene environment that's so good for your unborn child. Meditation has been shown to significantly reduce anxiety and negative emotions during pregnancy. It also helps you to boost your bond with your baby and creates a calming environment. Yet meditation can often seem daunting, especially when considering how to get started. Now there is a ground-breaking new meditation app, developed around work done at the Anamaya Clinic in London, with pregnancy meditation as a specific focus.

MEDITATION AS SUPPORT

A complete course in over 350 meditations, the app will guide you in advanced techniques and provide you support every day. It features discussions, mindfulness exercises and resources on the science and psychology of meditation. It's a comprehensive

support system. 'Meditating to understand your moods, anxieties and worries is an important first step, then you may find a better way of being, both for you and your child, in pregnancy and after,' says Graham Doke, clinic founder and narrator of the app. With this new app, we're aiming to demystify meditation and make it accessible to all, even those who've never really considered it as an option.'

So, whether you're worried about coping during the birth or how you'll manage as a new mum, take some time every day and be guided towards a feeling of serenity - for both of you. The Anamaya app is free to download and includes the first level of the 'General' focus area for free. It includes a solo meditation timer, multi-media learning resources, and five 'Ambiance' settings that alter the meditation experience.

WHAT'S IN THE APP?

An in-app purchase lets you unlock additional levels.



FOR MORE INFORMATION, GO TO & ANAMAYA.CO.UK OR DOWNLOAD THE APP VIA ITUNES



'I'm trying to transition to mixed feeding of breast and bottled milk. My son Jasper took to bottles quickly but Samantha is less keen.



PHILIPS AVENT 3 IN 1 STERILISER

'Does a great job of sterilising and doesn't take up much space for the amount it holds. It fits up to six bottles but if, like me, you only need to sterilise one or two bottles, you can adjust the size. It maintains a sterile environment for a long period too.' VVVVV





nipple and wide base. I found it hard to put the teat on correctly and the base of it blocked Samantha's nose when she tried to drink. A good idea, but not the right shape for her.' **VVVVV**

£4.49, vitalbaby.co.uk



MILKYSNUGZ **BOTTLE HOLDER**

'For babies anxious about bottles, this soft-toy holder could be comforting. You can add your scent to it for when others do feeds. Samantha likes it as a toy, but she's no more willing to take a bottle with it.'

VVVVV £19.95, milkysnugz.co.uk

TRY IT!

CO.UK/SHOPPING

doesn't like bottles in general if she won't drink.



PERFECT PREP MACHINE

TOMMEE TIPPEE

'I'm used to having breastmilk on tap at the right temperature. This machine makes a bottle at the correct temperature in two minutes! It makes a shrill beep at the end, though - jarring for a sleepy baby." VVVV

£119.99, toysrus.co.uk

MEDELA CALMA

'This has a valve that releases milk only when the baby sucks, mimicking the control she has with the breast. Samantha likes it and doesn't cry if there's a sudden flood of milk. It's taken her a while to get used to though. VVVVV

£15.99, mothercare.com

Subscribe to And Save Up To 79% Plus Get A

WHY YOU SHOULD SUBSCRIBE

SAVE 58% off the cover price

Pay just £9.99 for 6 issues

- Enjoy FREE delivery to your door
- Choose the print & digital package and save up to 79%

PLUS
EVERY ISSUE is packed with...
Sleeping and feeding solutions

Real advice from mums like you

Practical tips from health professionals

Must-have baby products

Amazing offers, discounts, free gifts and much more...



TERMS AND CONDITIONS Offer valid for UK subscriptions by Direct Debit only. You will pay £999 for your first six issues, the price will then step up to £15 every six months thereafter for print and digital only subscriptions, and to £20 for package subscriptions. Offer ends 5th February 2015. For overseas subscription offers, call 01858 438884. We reserve the right to replace the free gift with one of equal or higher value. Gift limit is 100. Your subscription will start with the next available issue, unless you specify otherwise. Cost from landlines for 01 numbers per minute are (approximately). 2 to 10 p. Costs from mobiles are 10 p to 40 p per minute (approximately). Costs vary depending on your geographical location in the UK. You may get free calls to some numbers as part of your package, please check with your phone provider.

Mother&Baby

Dr Brown's Steriliser worth £24.99

this month and get a Dr Brown's Natural Flow Microwave Steam Steriliser worth £24.99, free! Two 240ml feeding bottles and a pair of tongs are included. The steriliser kills bacteria effectively to give you peace of mind. The custom-moulded tray can hold four Dr Brown's bottles and accessories.

Dr Brown's offers a complete feeding system for happy babies. Widely recognised by parents and health professionals as the most effective way of preventing colic symptoms caused by regular bottles and teats, Dr Brown's products help babies get a more comfortable feed. For more information on Dr Brown's products, visit drbrowns.co.uk.



ORDER TODAY!

1. CALL 01858 438884 AND QUOTE CODE ABAA OR 2. VISIT GREATMAGAZINES.CO.UK/M&B



Did you know that from April you can share parental leave with your partner?

If your baby is due on or after 5 April 2015, or you are adopting a child, you may be eligible to share parental leave and pay with your partner. You can share up to 50 weeks of leave in a flexible pattern that works for you and your employer – letting you spend time together as a family.



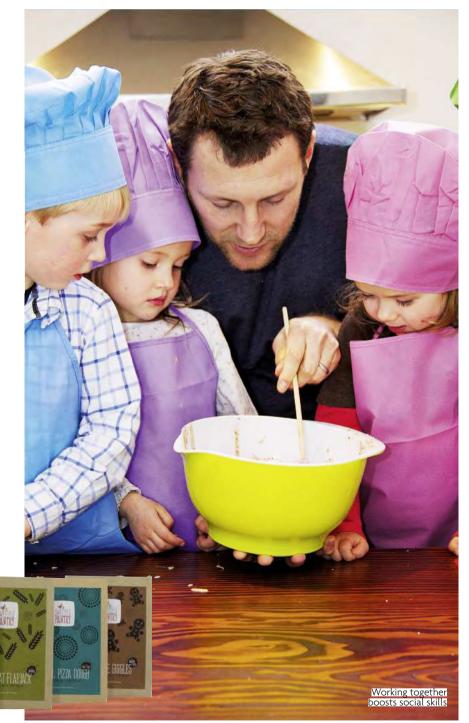
Department for Business Innovation & Skills

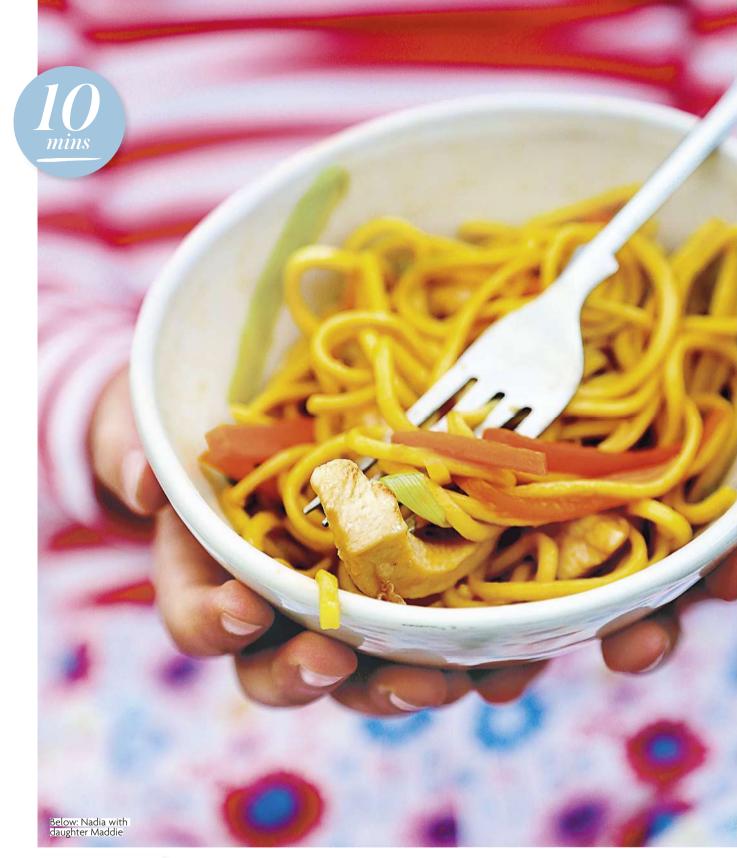
To find out more about shared parental leave and check your eligibility, visit www.gov.uk/sharedparentalleave

Bake With Friends

MANY NURSERY TEACHERS

are concerned about their pupils' interactive skills, according to the Association of Teachers and Lecturers. Although children can swipe a tablet screen and use a computer, they find it hard to collaborate with other children when solving puzzles or using building blocks. Baking at home with friends and siblings is a great way to help your little one improve her social skills – and Sweetpea Pantry's bake-athome mixes make it stress-free. The Feast package (below, £,29, sweetpeapantry.co.uk) features five mixes: Grainy Brainy Pancakes, Playful Pizza Dough, Super Oat Flapjack and two biscuits, Chocolate Giggles and Ginger Giggles. Delicious!







More Please, Mum!

TV presenter and cook Nadia Sawalha reckons her favourite family recipes will soon be on your list of most-asked-for meals too

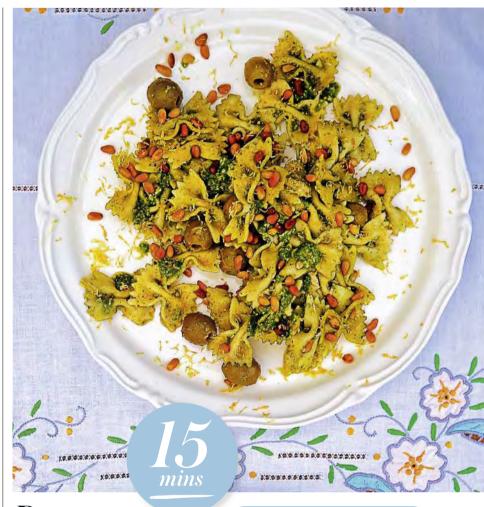
Honey Sticky Chicken Noodles

'What child doesn't love sweet, sticky things?' says Nadia. 'With this dish, there is also a good whack of protein, carbs and vegetables. Swap the chicken for duck for a change."

SERVES 4

WHAT YOU NEED

- > 3 tbsp clear honey
- > 2 tbsp water
- > 3 tbsp dark soy sauce
- > 1 tbsp cornflour
- > 4 skinless chicken breasts
- > 2 carrots
- > 6-8 spring onions (leave out if your child hates 'green bits')
- > 1 tbsp vegetable oil
- > Handful of peas
- > 1 garlic clove, grated
- > Noodles
- > 1-2 tbsp sesame oil
- **1.** Mix together the honey, water, soy sauce and cornflour in a bowl to make a marinade. Slice the chicken into strips and toss in the marinade. Cut the carrots and spring onions into thin strips.
- 2. Heat the vegetable oil in a wok or large frying pan. Take the chicken out of the marinade with a slotted spoon and stir-fry for 2 minutes until slightly browned. Remove the chicken with the spoon and put into a warmed bowl.
- 3. Add the carrot, peas and garlic to the wok or pan and stir-fry for 1 minute. Add the spring onion, and then return the cooked chicken to the pan. Cook the noodles as directed.
- 4. Pour any remaining marinade into the pan and stir-fry for a couple of minutes. Serve with noodles tossed in the sesame oil.
 - Purée: Blend veg and chicken with hot water or breast milk.
 - Finger food: Chop the chicken and noodles into small pieces.
 - Pregnancy: Chicken is a good source of protein, vital for both you and your bump.



Pretty Pesto Pasta

'Although both my youngest daughters Maddie and Kiki love this super-easy dish, they hate the pine nuts,' says Nadia. 'So I sprinkle them on mine and my husband Mark's portions at the end - oh, yes, and 'no olives' on Maddie's! Is everyone happy now?'

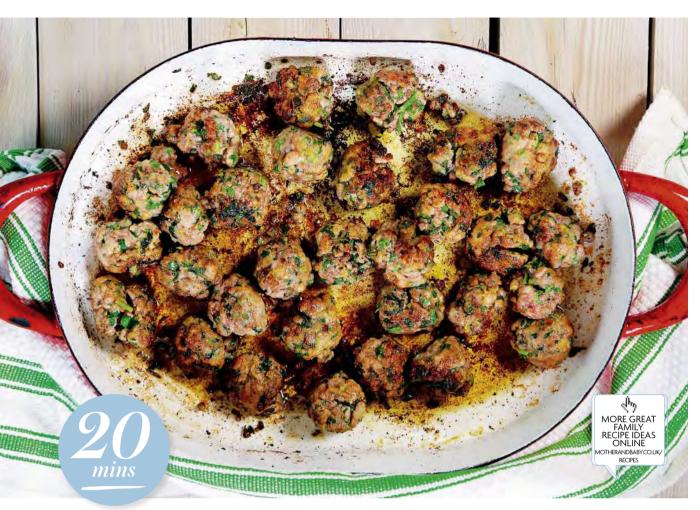
SERVES 4

WHAT YOU NEED

- > 600g pretty-looking pasta (by pretty, I mean it's a shape the children like)
- > 2 avocados
- > Juice of ½ lemon
- > Zest of 1 lemon
- > 6 heaped tbsp pesto
- > 2 x 200g tins tuna in oil, drained
- > Handful of green olives (optional)
- > 4 tbsp toasted pine nuts (optional)
- > Black pepper (optional)

- Purée: Mash some avocado with a little tuna for a tasty healthy meal for your little one.
- Finger food: Serve up some pasta and tuna – add a little grated cheese for extra calcium.
- Pregnancy: Avocados help fight morning sickness and aid your baby's brain and tissue growth.
- 1. Cook the pasta as directed.
- 2. While the pasta is happily bubbling away, peel and cube the avocados and put into a bowl with the lemon juice and zest. Add the pesto, drained tuna and the olives, if using.
- 3. Add the pasta and give a good stir, making sure you scoop up all the lemon juice. Serve onto plates before sprinkling with the toasted pine nuts and some freshly ground black pepper if you fancy a little bite (skip this if you have very young children). I like to have a green salad alongside my portion but obviously my children don't!

LIFE & KIDS EASY MEALS



Scetti & Balls

'Or, as you and I would say, spaghetti and meatballs,' says Nadia. 'Whenever my daughter Kiki has a play date, she asks me to make scetti and balls because, as she says: 'Most kids like scetti, Mummy.' I have yet to meet anyone who doesn't like these utterly delicious, super-juicy meatballs.'

SERVES 4

WHAT YOU NEED

- > 1 thick slice of bread, crust removed
- > A good glug of milk
- > 300g pork mince
- > 250g beef mince
- > Small handful of fresh parsley
- > Zest of 2 lemons
- > 1 fat garlic clove, peeled and chopped
- > ½ onion, finely chopped
- > Salt and pepper
- > Plain flour for coating

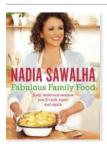
- > Glug of olive oil
- > Knob of butter
- > Jar of ready-made pesto or tomato sauce
- > Spaghetti

HOW TO COOK

- 1. Put the bread on a plate, cover it with milk and allow it to soak for 10 minutes-ish. Now mush it up with a fork (get the children to help with this job) and put it in a bowl with the pork and beef mince, parsley, lemon zest, garlic and onion. Season with the salt and pepper and mix well.
- 2. Sprinkle some flour on a large plate. Wet your hands to stop the meat from sticking to you. Gently roll walnut-sized balls of the mixture in the flour. Be gentle so the meat doesn't compact and become tough and chewy.
- **3.** Cook the spaghetti as directed and gently heat the pesto or tomato sauce.
- **4.** Heat a glug of olive oil and a knob of butter gently in a large frying pan.

Fry the meatballs for 4–6 minutes until a light golden-brown all over and cooked through. Don't overcook if you want them to be juicy! Serve with the spaghetti and sauce.

- Purée: Break up a meatball and blend with a little of the tomato sauce.
- Finger food: Cut up a meatball and some spaghetti.
- Pregnancy: Red meat is a good source of iron and vitamin B12, both of which are important to your baby's development.



Recipes adapted from Nadia Sawalha: Fabulous Family Food, £20, Macmillan. Photography by Mark Adderley and Nicky Johnston. GET CLOSER
WHEREVER YOU ARE
FOR JUST £1.49 AN ISSUE!



NEVER MISS AN ISSUE
ENJOY YOUR FAVE MAG ON-THE-GO
AVAILABLE ON ALL APPLE & ANDROID DEVICES

DOWNLOAD NOW!







WHERE CELEBS MEET REAL LIFE!





can be used later as a bookshelf and chest of drawers.

Cotbed, £249, from the Tusk collection at mothercare.com. 4% of each item sold will be donated to the charity Tusk, which supports animal conservation

issues in Africa.

CHANGING TABLE Choose a changing table that

KNODD 40L bin, £16, ikea.com

A nappy bin will last two years. A bin with a lid (plus nappy bags!) lasts forever and costs half the price.

STUVA storage, £80, ikea.com

WARDROBE

Yes, you do need hanging space for your baby, and a bright, fun wardrobe will last kids for the long-term.



Gro-light, £17.99, grostore.co.uk

The 2-in-1 Gro-light changes a regular light bulb to a nightlight at the flick of a switch.

PLAYMAT

Your baby can use Skip Hop's mat from the age of 10 months, but its toddler-friendly design means you'll

keep it for years.



Skip Hop Zoo Playspot, £46.72, amazon.co.uk

COMPILED BY CHARLOTTE KEWLEY

and then later toys, toys and, er, more toys.





Escape To The West Indies

ANNA SHEPARD AND HER PARTNER VISITED THE INN AT ENGLISH HARBOUR IN ANTIGUA

While holidays with children are great, the days of lounging on the beach and reading your book are over. So, before you're too pregnant to fly, which means ideally during your second trimester, you might treat yourself to a final blowout.

Antigua is an eight-and-a-half-hour direct flight with British Airways. It's definitely a special-treat destination but remember this will be the last time you'll be a couple, rather than a family. And if you're in the position to really push the boat out, nowhere beats The Inn at English Harbour. With its spacious colonial-style rooms next to the idvllic Caribbean, it's deeply luxurious. It's set

in two locations. The first is on a hill. where you'll find the hotel's fine dining restaurant and reception. At the bottom of the hill are the bedrooms, set amid pretty gardens, a swimming pool, spa rooms and a more casual beach-side restaurant. If you're not feeling energetic, the hotel will ferry you up and down the hill in one of its fleet of cars. There's a tennis court and you can take a 40-minute stroll along the coastal paths to Shirley Heights, once a naval base, now a great spot for a rum punch and stunning views over the bay. You can also take a free boat across the bay to Nelson Dockyard, where Admiral Nelson lived in the 18th Century.

In the evenings, my boyfriend and I ate smart European food in the hotel



restaurant, although we ventured out on a few nights to find local places selling jerk chicken and fried plantain.

The best thing about the Inn is the fantastic service. There's always a staff member on hand to bring you a fruit punch or mineral water. It's the definition of stress free. And if you're about to have a baby, that's just perfect. **HOW MUCH?** From £1,819 per person based on two adults sharing a Junior Suite for seven nights on a half-board basis, including flights and transfers.

BOOK IT! babyfriendlyboltholes.co.uk



STERILISER









Take A Trip To Tuscany

JO BOUNDS STAYED WITH HER PARTNER AND DAUGHTER FAWN, FIVE. AT THE HOTEL MONNA LISA IN FLORENCE

Who would take their little one on an Italian city break? A previous trip to Rome, child-free, immediately made me think 'no'. Historic buildings, yes, but also aggressive bus drivers (who knew you couldn't buy a ticket on board!), sweaty hikes around the city and honking traffic.

So the idea of a weekend in Florence was met with trepidation. But it was my partner's 40th birthday trip, so it was set to be a goer. Gulp. Luckily, staying in Florence, the birthplace of Italian art, and in particular the Hotel Monna Lisa, turned out to be the ideal break for both adults and offspring.

The hour-long train ride from Pisa airport to Florence went without drama. I even remembered to stamp our tickets at the vending machines before boarding, having being caught out on a previous trip. My daughter loved the double-decker train and the fact that she could walk around and gaze out of the windows.

Another bonus was the fact there was no need to hire a car in our small, pedestrianised destination. The taxi from the station to the Monna Lisa hotel cost just a few euros. The hotel is situated in an atmospheric side street. Our bedroom was palatial, while the restaurant overlooking a walled garden elicited 'oohs' and 'aahs' from everyone.

Florence proved to be perfect for a little one. Fawn could run free on monument-strewn squares and gorge on pizza and gelato, while either myself or my partner spent half an hour in a gallery or museum. The overall highlight for my daughter was the outdoor swimming pool in the grounds of an ancient villa - and the hotel breakfast. A new-found love for gourmet Italian food saw her wolfing down her body weight in slice after slice of Parma ham.

So, city breaks are back on the menu great news for Mum and Dad. **HOW MUCH?** From £,78 per night for a double room including breakfast. Fly to Pisa with Easyjet, see easyjet.com. **BOOK IT!** ghotw.com



Kick Back In The Cotswolds

LISA DURANT STAYED WITH HER SON LUCA, TWO, AT CALCOT MANOR IN THE COTSWOLDS

The 14th-century Calcot Manor is a perfect place to unwind. You can have a grown-up stay and take advantage of the Aromatherapy Associates spa, outdoor hot tub, roaring fires and five-star food. But you can also bring the kids - and your dog too - and not worry about upsetting anyone. Once you've checked in, grab an awesome roast at the country-pub-style restaurant The Gumstool or go à la carte at The Conservatory for dinner.

This is one of the best familyfriendly hotels in the UK, with an

The Balearic Bolthole

LARA PALAMOUDIAN STAYED WITH HER SONS ALEX, TWO, AND RAFFI, FIVE, AT THE HOTEL IBEROSTAR SON **ANTEM IN MAJORCA**

This family-friendly resort has its own golf course and spa. It's just 20 minutes from Palma airport and there's a shuttle bus to nearby beaches.

There's a giant pool area outside with a separate pool for toddlers and



FAMILY TRAVEL



Ofsted-registered crèche, called The Playzone, where nannies will take care of your little one while you have a break. You can explore the estate by bike, child carriers are available, or take a dip in the heated outdoor pool. If you fancy an adultsonly dinner, the baby-listening service will give you a quiet (fingers crossed!) evening while the kids are asleep.

HOW MUCH? Double room from £290, Sunday to Thursday, includes breakfast and use of spa facilities.

BOOK IT! calcotmanor.co.uk

perfect spot to







a great kids' playground, plus a poolside snack bar that does burgers and club sandwiches. The hotel's kids' club also takes place there during the day, keeping the little ones busy with games and face painting.

The rooms are spacious and luxurious. The hotel has one main restaurant with evening entertainment on the terrace to keep everyone happy. **HOW MUCH?** Hotel rates from

£,50 per person per night. **BOOK IT!** ghotw.com











Elastolabo

Perineal care

Skin tears during childbirth affect up to 40% of women 1

Elastolabo® has been clinically proven to reduce this risk²

Elastolabo® is available on prescription or "over-the-counter" without prescription

For more information or to buy Elastolabo visit: www.elastolabo.co.uk





Read detailed instructions enclosed before use. Use daily from week 32 of pregnancy. Product contains almond nut oil.

Now available at Superdrug





Time To Plan Your Holiday Abroad?

The cost of family holidays abroad is set to drop. A new Government exemption from 1st May means there will no longer be a tax on economy flights for under-12s. An average family of four will save £26 on a flight to Europe and £142 on one to the USA.

According to Wendy Shand, founder and director of family travel specialists Tots To Travel, travelling abroad with children is not as difficult as you may think. 'Travelling by plane has

never been easier,' she says. 'Whatever people say about budget airlines like Ryanair and EasyJet, they do get you from A to B.'

She advises travelling to and from smaller local airports, which are more manageable with children than large airports with several terminals. Tots To Travel is one of several specialist travel companies aiming to make it easy to book family holidays. *Visit totstotravel.co.uk*

DON'T LEAVE HOME WITHOUT...

Totseat's award-winning fold-up highchair is perfect for packing in your hand luggage. It now features three Paddington Bear designs, £29.99 each, totseat.com. The fabric harness is suitable from eight months and fits all sizes and shapes of chair so you can safely seat your baby wherever you go, as well as being useful for eating out. Don't leave home without it!





Car seat safety

The latest safety advice is being ignored by a large proportion of UK parents, according to a survey by Volvo. It found that 74% of parents with children under four years old use a front-facing seat, with the majority switching from a rearfacing seat before their child was 18 months old. The latest European standard recommends children are kept rear-facing until four years old as this position lowers risk of injury during a full-frontal collision. These recommendations will eventually become law but currently in the UK a child may legally face forwards from 9kg (typically 9-12 months).

Mother & Baby SHOPPING LIST

TO ADVERTISE, CALL JACQUIE PASQUALONE 01733 366371





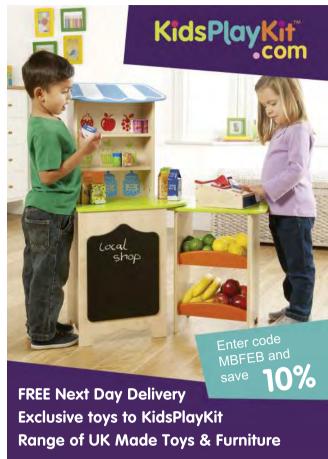




Mother Baby SHOPPING LIST

TO ADVERTISE, CALL JACQUIE PASQUALONE 01733 366371









TO ADVERTISE, CALL JACQUIE PASQUALONE 01733 366371

Hi-bebe Fetal Dopplers from and wiz

 Hear your baby's heartbeat from the comfort of your own home from just 10 weeks

Rent from £9.95 / month or buy from £69.95

Used by Midwives

Next Working Day Delivery

www.anawiz.com 0800 1114800

Please use QR code for full details.





ONLY

£9.95

NHS I he specialists in mat and infant healthcare



Electric Breast Pumps

Hospital grade
Single or dual pumping
Reliable, Long life span
Easy to use
Free dual collection sets
Next day delivery





Suppliers to

Rent for £29.95 per month*

Tel: 0800 1114800 *Minimum rental period only 1 mg

www.anawiz.com/bpr





ana wiz

0845 6016644 www.anawiz.com/pp

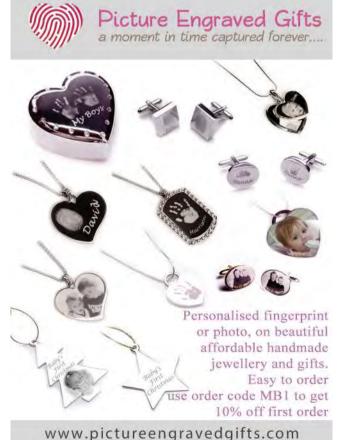
Mother Baby SHOPPING LIST

TO ADVERTISE, CALL JACQUIE PASQUALONE 01733 366371





WWW.coziewarmers.co.uko1525718097







Mother Baby SHOPPING LIST

TO ADVERTISE, CALL JACQUIE PASQUALONE 01733 366371





A MUST HAVE FOR NEW MUMS! 01606 473690 • sales@mums2b.co.uk • www.mums2b.co.uk





Cloth Nappy Shop

Free delivery and special offers available at

www.charlottekeating.com



Save up to 40% off

Little Lamb Nappies & Accessories

FREE postage on UK orders

www.clothnappyshop.co.uk

LIFE & KIDS WIN EVERYTHING



HOW TO ENTER: TEXT THE CODE MBGV021501 FOLLOWED BY YOUR NAME TO 88080*. *TEXT ENTRIES COST £2 EACH, PLUS YOUR STANDARD NETWORK RATE. YOU WILL RECEIVE A TOTAL OF TWO TEXTS, COSTING 61 EACH, CLOSING DATE: 3 MARCH 2015.
TEXT COMPETITION SERVICES ARE PROVIDED BY GFM (0330 333 0562). ENTER THE DRAW FOR FREE BY SENDING YOUR DETAILS TO BAG A BUGGY FEBRUARY, MOTHER&BABY COMPETITIONS, PO BOX 2164, COLCHESTER CO2 8LJ.

Fisher Price

discoverSyour way⁻

Baby Must Haves

Here are our 3 key product must haves to entertain, soothe and comfort your little one.

Spacesaver Jumperoo".

Fisher-Price



and Take-Along Swing & portability and storage.

& Seat. --







Breastfeeding is best for your baby. Follow-On milk should only be used as part of a mixed diet and not as a breastmilk substitute before 6 months. Use on the advice of your healthcare professional. *Based on a full day's 600ml intake.

